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Use It Up

How many things in your home could be used up rather than buying more?

When we've gone through lean times, I've focused on using up things I already had, even if I didn't love them. I worked my way through make-up, nail polish, personal grooming products, food, and more that I didn't necessarily love after I bought it. It sat on the shelf or in the drawer taking up space and doing me no good. But it was better to use it up than throw it out, especially if I had to spend more money to replace it.

There is only one reason to have something in your home – to use it. If you won't use it up, you must dispose of it.

This activity focuses both on decluttering and saving money. Go through the relevant rooms in your home and determine what you can use up. Write it on the list and also note the monetary value of the item. You may be pleasantly surprised to discover the value of all the things you can use up and not spend more money on.

A tip from when we clean out the pantry… We put all the products that need to be used soon on one shelf. Then we all focus on using the food on that shelf. It's very helpful to have it in one place. It's also amazing to determine how much money it represents when you gather it all together. It makes me even more motivated to make sure nothing goes to waste!

There are two sheets so you can select the one that works best for you (or use both).

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Use It Up

How many things can you use up in each room? Keep a list and keep track of the value of each item.

Bathroom

Item	$ Value	Item	$ Value

Kitchen & Pantry

Item	$ Value	Item	$ Value

Hobbies & Crafts

Item	$ Value	Item	$ Value

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Use It Up

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Item	$ Value	Item	$ Value

Item	$ Value	Item	$ Value

Item	$ Value	Item	$ Value

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