

# Don't Shop til you Drop

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by Lorie Marrero



With both New Year's Resolutions and decadent holiday desserts on the horizon, it's likely you're thinking about calories (and how to cut them). During this shopping season, it's important to be aware of the clutter calories you're consuming as well. They may not appear on your waistline, but they'll take over your home, car and office. As with food, exercising portion control is key. If you make fewer purchases, you'll have less clutter.

## **Here's how to avoid this season's most common pitfalls:**

- **Buy One in Every Color:** The reasoning is, if you love the shirt in pink, you'll also love it in teal, taupe and coral. Before swiping your credit card, consider whether you need six shirts, and how often you'll wear them.
- **Complete the Set:** If you own several pieces of a collection, you may feel pressure to purchase the remaining parts. Will you really benefit from owning the whole set, or are you simply buying it because it's available?
- **Free Gift with Purchase:** Often the gift isn't an item you need (or even want). The pretty packaging and thought of a deal make it tempting. Is it worth spending more? Could you simply purchase the lipstick offered in the promotion for less?
- **Bigger is Better:** Your inner bargain shopper longs for the jumbo sized roll of ribbon or the bundled package of six spatulas. Though you may cut costs by buying in bulk, it's not a savings if the result is

spools of extra ribbon or a lifetime supply of utensils. If you need only one, buy only one.

- **Free Shipping:** Your order almost qualifies for free shipping, so you scan the website, willing to spend a few more dollars. Unless the additional purchase is an item you'd already planned to acquire, it's likely you'll spend less by simply paying the shipping fee.
- **It's on Sale:** If you don't need it, it isn't a bargain. You're spending money for an item that you didn't want until you walked into the store.

### **Good Clutter Portion Control Practices:**

- Make a list of what you need to buy and stick to it.
- Shop well before closing time so you won't feel pressured.
- Shop with a friend who can help you curb your clutter appetite when you lose perspective.

Practice a little portion control this holiday season, and both your closets and budget will benefit.

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