



~ The Happiness of Having ~ October 2026

A handy list of ideas! The idea isn't necessarily to buy nothing. It's to intentionally use up, wear, read, eat, drink or enjoy what we already have chosen before accumulating more. It's hitting pause on continual consumerism to explore a part minimalism, part financial reset and part appreciation practice to experience more of the *happiness of having*.

Here are a few ideas to get you started...

1. BEAUTY & TOILETRIES

- Finish half-used shampoos and conditioners.
- Use up lotions, body sprays and perfumes.
- Wear the makeup you already own instead of buying new palettes.
- Finish skincare products before opening backups.
- Use bath bombs, face masks and fancy products you've been "saving".

2. CLOTHING

- Wear every item in your wardrobe at least once.
- Style clothes in new combinations.
- Repair missing buttons, hems and other small problems.
- Donate or sell anything you consistently never reach for.
- Try a 100 Outfit Challenge.
- Have no repeats until everything has been worn.

3. PANTRY & FREEZER

- Cook from what you already have.
- Use forgotten spices and sauces.
- Eat your way through the freezer.
- Finish open or forgotten packets of rice, pasta, beans and other staples.
- Reduce food waste before buying more groceries.

4. FOOD & TREATS

- Eat the expensive chocolate.
- Drink the good tea.
- Open the fancy olive oil.
- Use the special ingredients.
- Stop saving things for a “special occasion”.

5. FINANCES

- Buy only what you genuinely need.
- Cancel subscriptions you don't use.
- Avoid impulse purchases.
- Save the money you would otherwise have spent.
- Notice the categories where you repeatedly buy more despite already having enough.

6. HEALTH & WELLBEING

- Finish vitamins and supplements before buying different ones.
- Actually use your home gym equipment (shocker!)
- Wear the expensive workout clothes.
- Use your massage gun, yoga mat, vibration plate or other wellbeing equipment.
- Make use of the health and fitness things you've already invested in.

7. DIGITAL

- Delete unwanted photos or frame the really good ones
- Unsubscribe from emails you no longer want.
- Finish or engage with online courses you've already purchased.
- Watch shows and films already sitting on your watchlist.
- Use apps or subscriptions you're already paying for or cancel them

8. BOOKS & HOBBIES

- Read books already sitting on your shelves.
- Finish abandoned craft projects.
- Use the art or craft supplies you already own.
- Play board games you already have.
- Complete unfinished puzzles.
- Return to hobbies you already bought equipment for.

9. HOME

- Burn the candles you've been saving.
- Use the nice dishes instead of keeping them for guests.
- Put out decorations and objects you love.
- Use the fancy stationery and beautiful notebooks.
- Finish cleaning products before buying replacements.

10. INVEST IN EXPERIENCES

- Research clearly shows experiential purchases made them happier than material purchases. Simply *thinking about* an experiential purchase also generated more positive feelings than thinking about a material purchase.
- **CONNECTION:** Experiences often involve other people and give us stories to share, strengthening relationships.
- **IDENTITY:** Experiences become part of who we are and our life story, rather than simply something we own.
- **LESS COMPARISON:** Experiences are harder to compare with other peoples, so their value is less easily diminished by seeing something "better"

Enjoy the exploration of The Happiness of Having

A handwritten signature in black ink that reads "Louise". The signature is written in a cursive style with a long, sweeping underline that extends to the right.