

We're-Out Shopping List[©] Instructions

by Susie Glennan - The Busy Woman[©]

Instructions:

- A. Print out 3 to 4 sheets.
- B. Use one column per shopping trip.
- C. Put a check mark next to the item you purchased.
(Make sure to use the right column.)
- D. When you're done, draw a line straight down the center of the column so you'll know to go to the next column.
(Keep the line thin so you can still see your check marks.)

After 3 to 5 weeks of using this method, you will end up with a complete (or almost complete) shopping list. When you're in the store looking at this list (instead of one you whipped up after noticing you were out of creamer and bread), you will see other things you often purchase and may have forgotten to put on the list.

After about 4 weeks, you'll see a pattern forming in your shopping habits & you should have a fairly complete list of the foods you purchase on a regular basis.

Two different ways to use the We're-Out Shopping List[©].

1.
 - ✓ Fill out the We're-Out Shopping List[©] before you go grocery shopping.
 - ✓ Put a check mark next to the item you are out of or when you're running low.
 - ✓ Take the list with you.

2.
 - ✓ Use your regular grocery-shopping list when you go grocery shopping.
 - ✓ After you get home, use your receipt to fill out the We're-Out Shopping List[©].
(Years ago when I first came up with this list, I filled it out first and took it with me to the store. This time, I am saving my receipts and filling in the list after a few shopping trips.)

Do this exercise for another few weeks or so to see how often you purchase products that you buy in bulk, or that last longer such as:

- laundry soaps – detergent, all fabric bleach, regular bleach
- dishwashing detergent
- hand soap
- cleaning supplies
- rubber gloves
- etc...