

TIME AND MONEY COSTS OF HOARDING

For each type of acquisition you typically do, make rough estimates of the time and dollars spent. Include sales taxes and shipping or delivery costs in financial cost estimates.

Where I Get Things	Shopping Trips Per Week	Typically Spending Per Trip	How Many Hours There Per Week	% of My Things Gotten from this Source	X 52 weeks = \$ spent per year
__ Dept store	_____	\$ _____	_____	_____ %	\$ _____
__ Big box store	_____	\$ _____	_____	_____ %	\$ _____
__ Boutique	_____	\$ _____	_____	_____ %	\$ _____
__ Discounter	_____	\$ _____	_____	_____ %	\$ _____
__ Supermarket	_____	\$ _____	_____	_____ %	\$ _____
__ Pharmacy	_____	\$ _____	_____	_____ %	\$ _____
__ Thrift store	_____	\$ _____	_____	_____ %	\$ _____
__ Flea markets	_____	\$ _____	_____	_____ %	\$ _____
__ Garage sales	_____	\$ _____	_____	_____ %	\$ _____
__ Catalogs	_____	\$ _____	_____	_____ %	\$ _____
__ Subscriptions	_____	\$ _____	_____	_____ %	\$ _____
__ Buying clubs	_____	\$ _____	_____	_____ %	\$ _____
__ TV offers	_____	\$ _____	_____	_____ %	\$ _____
__ Online stores (include all Internet purchases)	_____	\$ _____	_____	_____ %	\$ _____
__ Streets (include money and time spent refurbishing items picked up)	_____	\$ _____	_____	_____ %	\$ _____
__ Credit fees	_____	\$ _____	_____	_____ %	\$ _____
__ Overdraft fees	_____	\$ _____	_____	_____ %	\$ _____
__ Other	_____	\$ _____	_____	_____ %	\$ _____
__ Storage fees	_____	\$ _____	_____	_____ %	\$ _____
__ 2 nd home costs	_____	\$ _____	_____	_____ %	\$ _____
__ Prof. organizer	_____	\$ _____	_____	_____ %	\$ _____
TOTALS	_____	\$ _____	_____	_____ %	\$ _____