



Shopping!!

By: Grace Sobhani



Hold on!! Quick question!! How many times a week do you go shopping? How much do you spend? Do you ever keep track of how much you spend every day? Well you should. One reason why you should keep track of how much you're spending is people spend too much money on unnecessary things. Another personal reason why is people shop because they are addicted. Lastly, people spend too much money even on the things that they do need. If you think about it you could be spending over \$1,000 on shopping and still need to go to the supermarket to get food. That's why I believe people shop too much and don't pay any attention to how much they are spending.

One example why I believe people shop too much and don't pay any attention to how much they are spending is because people spend too much money on unnecessary items. For instance in the article from time.com/money, Jenna Suhl, a wardrobe stylist in San Francisco for more than a decade, said, "It's not uncommon for people to buy new things, because they can't see what they already have." Also according to time.com/money, "Some people's favorite stuff are clothes that they never wear or put on because they think it is going to get ruined." Can you believe it? They should wear it even if it might get ruined!! Also according to cnbc.com, "A 38-year old software engineer realized that in 2014 alone she placed 177 orders and ordered about 427 items." Can you believe the lady bought 177 orders and 427 items? She also said, "I had ordered more new things then there are days in a year!" Really?! I had no clue!!





Secondly, people shop because they are addicted to it. For instance, when I asked an 11 year old girl named Aerin, if you were to estimate how many times you shop a week? Aerin said, "I think 1,000 times because sometimes I shop 2-3 times a week" Also, when I asked her on a scale of 1-10 how shopping had affected her in life? She said, "10 because even though I love shopping, shopping can sometimes be very expensive and sometimes we don't really have the money to spend." Also I asked a 10 year old girl named Alexis, the same question she had said: "9 because it is expensive and people can get addicted to it very easily." It is so addicting they go shopping like 1,000 times a year, it has affected them so much!!



Finally, people can spend too much money on things they need. One example is when me and my mom went to L'occitane and looked around and picked out what we wanted and it was only a couple random things and when we got home we realized it was \$200!! Even when we came to return some of it, the lady there could not believe it. Also, in the same interview with Aerin, I asked her how much money have you spent this month and she said “500 dollars on clothes this month, only for camp.” Also when I asked Alexis the same question she said, “Around 700 dollars because I have to shop for camp.” That is a lot of money and for camp, really? That is so much for camp!! I don't think it is necessary to buy so many clothes just for camp.

I wrote about this topic because I always see people with tons of bags, and I wonder if they realize how much they are buying or how much money they are paying. Well they should be more mindful of how much they are shopping and spending. Look at your receipts and see how much you are paying!!!

