



Creatively Conscious

EMPOWERMENT & CREATIVE
CONNECTIVITY

A Plastic Free Home... Room by Room



I've written this worksheet following my focus to take our home plastic free in 2018 to help inspire you of ways you can too...all you need is a bit of headspace and to be ready to use some creativity.

There is SO much brilliant advice bubbling up on the topic and so many resources now... the main framework... **Reduce, reuse, recycle, refuse** and can I add don't be hard on yourself because it is already hard. I invented this room by room approach as I felt like it was a measurable way of working through it and we're still not there with some items/ tasks...and that's ok.

Ready? Start by answering these questions (print this if you like or use a notebook to be paper conscious)

1. Why am I motivated to go 'plastic free'/ reduce waste?
2. How will my life change if I do achieve less waste? *Eg save money, feel like I am contributing to the planet, feel more connected.*
3. How many rooms in my home do I want to reduce waste in?
4. Who will help me? *Have you seen anyone inspiring online? I'll link to my inspirations at the bottom of the page.*
5. What resources have I got? *List everything you can think of – money is one, a supportive partner, kids who'd help?*

Now write down each room in your home and against it what you use regularly and throw away that's plastic/ wasteful and note whether it could change in a notebook or on a huge sheet of paper to pop on your wall for everyone to see...

Here's how it worked at our place...

ROOM	WASTE	CHANGE
Family Bathroom	<p>Bag in bin</p> <p>Cotton Wool</p> <p>Sanitary products</p> <p>Shampoo</p> <p>Conditioner</p> <p>Shower gel</p> <p>Shaving gel</p> <p>Razors</p> <p>Toothbrushes</p> <p>Toothpaste</p>	<p>No bag (wash bin each time emptied)</p> <p>Flannels</p> <p>Moon cup</p> <p>Shampoo Bar</p> <p>2019</p> <p>Soap in a bag</p> <p>Bulldog brand (metal)</p> <p>2019 goal</p> <p>Bamboo toothbrushes</p> <p>2019 goal</p>
Lounge	<p>Logs wrapped in plastic</p> <p>Candles</p> <p>Plastic toys</p>	<p>Source own from forest/ get dumpy bags</p> <p>Don't buy new logs... we are currently battling this one as our favourite sustainable compressed sawdust ones come in plastic. DOH</p> <p>Switched to an oil diffuser as it's hard to find if the ingredients are sustainable.</p> <p>Don't buy new, give to charity, teach our son about plastic and why it's permanent when we're on the beach.</p>
Kitchen/ Diner	<p>Bin ban</p> <p>Washing up liquid</p> <p>Food packets</p> <p>Plastic from fruit and veg</p> <p>Flowers (wrapped in plastic)</p> <p>Food waste (we've always composted this – It's really easy and satisfying when Spring comes to have soil to use)</p>	<p>2019 goal... we throw away less – maybe one bin bag a week now.</p> <p>Bulk buy and fill up smaller bottle – goal for 2019 is to find something else.</p> <p>Reduce, I buy more tins – like tins of chick peas to make houmous.</p> <p>Buy loose and put straight on conveyor belt (no problem at sainsburys or lidl)</p> <p>I love having flowers in the house but just bought more plants and if I fancy some now I'll look in the garden first.</p>
Utility Room/ Laundry	<p>Laundry detergent</p> <p>Fabric softener</p>	<p>Eco-egg we've used this for nearly a year and no complaints...</p> <p>We don't use it but I sometimes put essential oil in.</p>
Bedroom - Kids	<p>Plastic toys</p> <p>Bin bag in bin</p>	<p>Don't buy new, give to charity/ friends</p> <p>Remove bin</p>
Bedroom - Master	<p>Bin bag in bin</p> <p>Clothes</p>	<p>Don't use bin bag just empty bin into bigger bin. I could probably get rid of this actually.</p> <p>We don't buy new clothes now unless Dave needs something for work – we have everything we need so if I feel like brightening up my wardrobe I pop into charity shops and I do Marie Kondo's method of spark joy regularly – love it.</p>

Who can help....

I find [Plastic Freedom](#) and [Mamalina](#) very inspiring, they are also on Instagram. Also [I got it from a charity shop](#) for clothes inspo.

If you use this resource and want to post about it, I'd love you to use the hashtag #creativelyconscious or #tagthesparkles and get more people joining in.

Have an amazing time reconnecting to what you need to use in your home and why. I'd love to chat about it. I'm over on Instagram [@sparklestag](#).

Have fun!

Claire x