

# Personal Inventory

 **Step:** One - Get Connected!

 **Time:** 45 min

 **Space and materials:**

- Large room with chairs;
- *Personal Inventory* worksheets;
- Pens or pencils.

 **Description of the tool**

1. Give the participants the *Personal Inventory* worksheets (one copy per participant). Ask them to list the items that they are wearing and carrying with them that day.
2. Then ask the participants to estimate how many of each item they own in total and note it on the worksheet. They should also estimate the total amount of money spent on each type of item as well as natural resources used to make them.
3. Ask the participants to note on their *Personal Inventory* worksheets whether each item listed is a need, a thing that makes their life better or a luxury.
4. Invite the participants to come back to the plenary and share their personal inventory results with the rest of the group. Start a discussion, using the following questions:
  - What did you learn about your personal stuff during the activity?
  - Which of the items have you noted as daily needs? Why?
  - Which of the items have you noted as the ones making your life better, as well as a luxury? Why?
  - Would there be any differences, if you compared your wants and needs to those of someone living in another part of the world? What?
  - According to the results of your inventory, how much do you spend on luxury items? Are you surprised about this? Why?
  - Can you remember the reason why you purchased some of the items in your inventory?
  - Do we always buy things we really need?
  - What are the influences of our personal consumption towards other people and environment?
  - Can we do anything to reduce the negative impact of our personal consumption? What?

