

# What is self-consumption?

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Self-consumption is the proportion of electricity generated that is then consumed within the property. This could be directly or via a battery:

**Self consumption = Solar PV electricity consumed within property (kWh) / Solar PV electricity generated (kWh)**

Energy that is not self-consumed is then exported to the grid. A higher self-consumption typically means a faster payback period since this reduces the amount spent on energy bills. Read here for guidance on how to [reduce your payback period](#).

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Revision #4

Created 20 October 2025 10:09:54 by Daisy

Updated 28 October 2025 10:03:09 by Daisy