

Wants vs Needs

Make a list of some of the common things you spend money on.

Identify if this purchase is considered a want, a need or perhaps maybe it's something in between.

- Wants are generally things you'd like to have but don't impact your health or wellbeing
- Needs are basic essentials that help us live and thrive
- The inbetween may be for items that are not as clearly defined or that you highly prioritize and regularly use and likely could be detrimental to your life if you didn't have

	Want	Need	Inbetween
	Want	Need	Inbetween
	Want	Need	Inbetween
	Want	Need	Inbetween
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	Want	Need	Inbetween
	Want	Need	Inbetween
	Want	Need	Inbetween
	Want	Need	Inbetween
	Want	Need	Inbetween

Questions to Ask/Reflection on:

- Are there items in your "need" column that others likely don't use or potentially don't need, but you do? Think about why this is considered a "need" for you?
- For the items you may have marked inbetween, are there any, you could move to the "want" category?
- How many items do you have in the want category vs. the need category for your most recent spending? Are you happy with this number? Concerned by the outcome?