



ENCOURAGE EXERCISE #21

Wants Versus Needs in Life

DIRECTIONS

We all need some things in life we don't want and want things in life we don't need. In the table below, summarize your "wants" and "don't wants." By writing these lists, you have now become more aware of your Likes, Dislikes and Wants.

<i>Want and Have</i>	
<i>Have and Don't Want</i>	
<i>Don't Have and Want</i>	
<i>Don't Have and Don't Want</i>	

1. Which list did you find easiest to write?
2. Which list did you relate to the most?
3. Which list made you most excited?
4. If you could change or delete some of the Have and Don't Want, would you still want to make the same changes to your life?