

# Wants

Things we don't really need but would like to have.

# NEEDS

Things we must have in order to stay alive.

Wants and needs are very different in life; they can balance life and make or break your success.

You can always want something, but is it something you need?

Here's an example:

I want a new car. I already have a car. Do I need one?

Or, my current car is not nice enough. I want a fancier car with all the newest features.

The need here is that I need a car, something reliable, a car to get me to work and important places and use for my family.

Do I need more than that?

The answer, most likely, is no. You don't need a more expensive fancier car. You want it.

Everything that goes beyond the basic needs of Food, Shelter, Clothes, such as a: big house, name-brand clothes, fancy foods and drinks, and a new car—is a want.

Okay, so let's talk about wants vs. needs in our daily lives.

**In order to have clear understanding of why you need certain things, ask yourself these questions:**

- 1. How will it benefit my lifestyle and family?**
- 2. What will I need to change to make this happen?**
- 3. Why would my family and I want this change?**
- 4. Am I going to die without it?**
- 5. Is it going to affect my finances?**

These are great questions to ask to find out if you really need something or if you just want it.

Maybe you want it because you like change, or you want to treat yourself. We will get to rewarding yourself later because wants are important, too.

To find a balance between needs and wants, you must have your needs met for example. A Person may want to go back to school but needs a place to stay. It is hard to focus on one thing when the primary need is not met.

Food, shelter, clothes are a common need to have a good life. Take some time to think about every want you have. See if you needed those things in the first place. Do you use it now, has it lost value, was the pleasure of having it short or long term? Balance your needs and wants and you will find a healthier peaceful mindset for the future.

Now let's get back to important wants

Have you ever said to yourself, I deserve this? But still you go through life not getting anything you want? Not rewarding yourself.

It is a shame. Feeling guilty for rewarding yourself. Well no more!

Everyone needs to feel good about the work and things they work hard at. A well-known rapper Nicki Minaj said in her Hard-White lyrics, I used to "work hard just to get half back." Well, I would say at some point you would feel frustrated and angry. Winning and getting the things you want and deserve are important occasionally. Because you definitely don't need wants all the time.

Another example: Ice cream is a want. You don't need ice cream every day to survive. But it makes most people feel good. So, you are on a fitness plan and you reach your goal. You want ice cream, you get ice cream. Will you get ice cream every time you reach the goal? No. Because if you use ice cream as your reward it may defeat the purpose of your fitness goals. We all want to feel good and once in a while is okay. You can feel good without indulging in something that eventually can cause issues in your life and is not cost efficient.

When we have too many wants, it becomes a problem

Here are some common issues with wanting too much:

1. Budgets get destroyed.
2. Wants are contagious and addicting.
3. Relationships can suffer due to one person wanting too much.

Of course, it's only human nature to want things. There so many influences from, advertisings, tv, social media, other people, that make us feel why not me? You get carried away in the process and if the want is not obtainable your mood changes and you can become negative and angry.

A healthy "needs vs. wants" relationship is all about balance.

The trick is to find a way to have what you want without hurting your needs. Learn to appreciate what you have, with a better understanding you will realize what you have is a blessing, and you have been able to fulfill more of your wants overtime then you realize. Timing is everything, don't trick yourself in feeling deprived or you have less than anyone else. Sometimes we need to replace something run down or broken when it's time to focus on upgrades in life than you will think it through, plan it, go after it and make it happen.

Click the video below



Now that you have read the information above and seen a basic video on “needs and wants.” Let’s apply the needs vs. wants concept to some of the things people deal with in life.

- Relationships/ marriage
- Business/career
- Family and friends
- Children
- College
- Appearance
- Reaching financial goals

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