

effective
challenge

Needs & Wants Matrix

Four questions to explore your needs and wants. You can answer these from a high-level or when thinking about a specific goal you'd like to achieve.

1. What are the things you want but don't need?
2. What are the things you might need but not want?
3. What are the things you need and want?
4. What are the things you don't want or need?

1	2
3	4

Some illustrative examples from each quadrant

<p>Likely Instant Gratification</p> <p>Too many sweets Impulse purchases Excessive social media or binge watching tv</p> <p>1</p>	<p>Likely Delayed Gratification</p> <p>Getting out of bed when its cold Doing exercise Tackling inappropriate behaviour</p> <p>2</p>
<p>Resilience & Growth</p> <p>Inner security Self-compassion Balance</p> <p>3</p>	<p>Vulnerability & Decline</p> <p>Not living by values Destructive behaviours - overeating Investing time and energy on things you can't control</p> <p>4</p>

A fuller explanation of these questions is discussed on episode 72 of the Effective Challenge Podcast. Available on all podcast feeds or www.effectivechallenge.com/podcast