



**Center for the Development of Social Finance**  
**Let's Look at Money: Our Wants Needs and Dreams**

---

**What** This 1-hour interactive session assists participants to identify needs versus wants, e.g., what elements of life are necessary for existence, versus what may be expendable. The session will help participants to define their own necessities, use self-monitoring questions that may aid them in making spending choices on wants versus needs, tracking spending patterns with a spending log, and an introduction to the value of savings.

---

**Who** Individuals who struggle to manage personal spending, who may want to save but don't know how to begin the process, or people who simply wish to better understand their own spending choices.

---

**Why** Many of us are unconsciously influenced by consumer messages which may result in overspending or inappropriate spending on goods and services – sometimes with detrimental effects on our personal finances. This session provides tools for bringing spending impulses into conscious awareness, and through that increase their personal management.

---

### **Program Outline**

- Introduction – Overview of session, rules of engagement, introductions (5 minutes)
- Defining needs versus wants (35-40 minutes – facilitated discussion)
  - Participants list their own needs (what do they need to survive?)
  - Participants list their wants (what give us enjoyment but isn't required to survive?)
  - Depending on number of participants work in pairs to provide peer response to needs/wants lists. Do you agree with needs?
  - Tools for self-management: how do we manage wants when needs are great?
- Using a spending log to track expenses (5 minutes – short lecture)
  - Distribute spending log and explain value: tracking all spending can help us to identify where we're spending money on wants versus needs.
  - Unconscious/impulse spending; how to see it in spending log and strategies for avoiding impulse spending
  - Transforming “want” spending into savings
- Closing questions/comments (5 minutes)

### **About the Center for the Development of Social Finance**

CDSF is a 501(c)(3) non-profit organization working to create a wide understanding of social finance, global finance, and the economic factors that shape our communities. For more information visit our website at [www.CDSofFi.org](http://www.CDSofFi.org).