



WANTS VS. NEEDS WORKSHOP OVERVIEW

Workshop Description

Often described as the mantra of Women's Money Matters, in this workshop participants will learn how the balance of income and expenses impacts savings and their ability to achieve their goals. Participants will learn how making good choices about whether an expense is a want or a need can have the biggest influence on their success.

Key Workshop Goals

- Understand how the balance between income and expenses impacts the ability to save
- Identify all sources of income and expenses
- Understand the importance of saving
- Understand the difference between items that are “wants” and items that are “needs”
- Make thoughtful choices regarding wants

Core Skills Covered

- Planning for unexpected events
- Limiting impulse purchases
- Determining if a purchase is a want rather than a need

Handouts To Be Discussed

- My Needs, My Wants
- Tips to Decrease and Increase Spending

Follow-up Exercise

- Participants will begin collecting receipts and tracking expenses in a notebook or by using an app. Then, they will organize receipts and put expenses into the “Tracking Your Expenses” worksheet.