## Wants Assessment Profile

To unencumber yourself from any blocks that might be keeping you from manifesting what you desire, it helps to become clear about what they are and what need you believe they \fulfill.

Separating wants from needs helps free you from some of the burdensome pressures you put on yourself. Once I realized that I did not have many needs, the weight of brain clutter lightened, and I felt less stressed.

This profile will help you clarify your needs in comparison to your wants. For each of the questions below, choose the number that is most closely aligns to your situation (1 being “not at all” and 10 being “a great deal”).

1. Are you currently struggling to meet your basic needs in your life?

1—2—3—4—5—6—7—8—9—10

2. Do you judge yourself for desiring too much in your life?

1—2—3—4—5—6—7—8—9—10

3. Do you judge others who experience abundance in their lives?

1—2—3—4—5—6—7—8—9—10

4. Do you often find yourself jealous of those who struggle less than you?

1—2—3—4—5—6—7—8—9—10

5. Have you ever wished you were living another person’s life?

1—2—3—4—5—6—7—8—9—10

6. Do you spend much time stewing about what you don’t have in your life, and less time having fun?

1—2—3—4—5—6—7—8—9—10

7. Eating out with friends, do you find yourself tallying up bills to the penny, then feeling resentful if others fall short?

1—2—3—4—5—6—7—8—9—10

8. Do you struggle to enlist the support of others with your business ventures?

1—2—3—4—5—6—7—8—9—10

9. Do you worry about not fulfilling your soul’s calling in your life?

1—2—3—4—5—6—7—8—9—10

10. Do you spend more time worrying, and less time visualizing your success?

1—2—3—4—5—6—7—8—9—10

If you scored between 76 and 100, you are experiencing a great deal of emotional pain around your feelings of lack. Know that you are not alone and that there is a way to take yourself out of discouragement and into hope. Start by spending one minute each morning as you arise, focusing on the things you are most grateful for in your life. Know that the gratitude will grow and will help to pull you from helplessness to hope.

If you scored between 51 and 75, you have started taking steps towards discerning what your needs are compared to your wants. Allow yourself to feel your feelings around lack, jealousy, and judgment, having compassion for yourself. Then take yourself to the place of imagining how a life of abundance (financial, relational, etc.) would feel, being sure to use your senses and experience the delight, as if it were happening here and now.

If you scored between 26 and 50, you are well on your way to manifesting the life that you were meant to live. Continue to be honest with yourself about your sense of lack. When you catch yourself experience jealousy or a sense of “not enough,” have compassion for yourself, as you would a young child. Trust that you are well on your way to greater manifestation, and bathe in the strides you have already made towards removing blocks in your life.

If you scored between 10 and 25, congratulations! You have a great deal of clarity about what your wants are, and you are well on your way to manifesting them in your life. You have clearly been working on manifesting and you have removed a great many of the blocks to experiencing the life you desire. Continue to look at what you have in your life, expressing gratitude for what is, as you allow yourself to feel into even more manifesting in your life.