



The Difference Between Wants, Needs & Desires

Want: to wish or demand the presence of

Need: a physiological or psychological requirement for the well-being of an organism

Desire: to long or hope for

The definitions above come close to Mother's. She teaches that there are distinct differences between the three. The more you understand the difference inside yourself, the better you'll be at navigating your life and making loving choices. She will go into much greater detail in the livestream for this week.

As always, before you start to answer the questions, begin with some deep breathing, get centered, then dive in. Please be as detailed as possible. Include objects, relationships, feelings, beliefs, and health. Don't judge what comes out onto the paper. You always have the power to decide whether or not to pursue any or all of them.



1) What are your **wants** at this point in your life?

2) How does it feel when you get what you want?

3) How does it feel when you don't? What's your old reaction?

4) What are your **needs** at this point in your life?

5) How does it feel when you get what you need?

6) How does it feel when you don't? What's your old reaction?

7) What are your **desires** at this point in your life?

8) How does it feel when your desires are fulfilled?

9) How does it feel when they aren't fulfilled? What's your old reaction?

Knowing what your reactions or behaviors are when your wants, needs, and desires are or aren't fulfilled will help you to create your loving structure moving forward. You need to get clear on which wants, needs and desires this structure will empower you to fulfill. Clarity = power. The more powerful you feel, the easier it is to believe that allowing your wants, needs, and desires to be fulfilled will bring you closer to your amazing Self. Trust that the ones that are a distraction or ultimately unhealthy for you will fall away as you continue to be honest and loving with yourself.

In order to create a loving structure you will need to be realistic and kind to yourself. Take into account that you're putting a lot of time and effort into *School of Love* because the course is happening now. But you may not always have the same amount of time or willingness that you do now. Be practical.

On the next page's chart, using the list you made in the last lesson (in its Love Pages), design a week that includes everything that you rated as **Super-Charged**. These things will make up the core of your loving structure. They are the things that you feel are critical to your well-being, and you will do them no matter what.

Next, if there's room, add some of the things you rated as **Loving It**. These things will enhance and strengthen your Super-Charged actions. Use your intuition to help you feel which Loving It actions support your Super-Charged actions the most. That way you're using your precious time most efficiently and effectively.

Then each week try something on the **It's on the List** list, and see if you like it. You may need to do it every day that week or only once to decide if it goes on your Loving It or Super-Charged list.

Make several copies of the next page so you can refine or change your structure as needed. This is your time to experiment with all these tools. What time of day works best to do which action? Which ones require quiet and solitude, and which ones can you take with you on the go?

Remember, you can change any of this at any time. Nothing is required, only suggested. All these tools are open and fluid, while giving rock-solid support if they are practiced consistently. You decide.

	<i>Morning</i>	<i>Afternoon</i>	<i>Evening</i>	<i>Before Sleep</i>
<i>Mon.</i>				
<i>Tues</i>				
<i>Wed</i>				
<i>Thur</i>				
<i>Fri</i>				
<i>Sat</i>				
<i>Sun</i>				

Tools I'll Use on the Go: