

## OUR **WANTS** MAY BE MANY, BUT OUR **NEEDS** ARE FEW: A REAL-LIFE SCENARIO

In a world driven by consumerism, we are constantly bombarded with the idea that more is better - more money, more possessions, more accomplishments and so on. The line between what we want and what we need turns out to be increasingly distorted. Be that as it may, in spite of the charm of acquiring more, a fundamental truth remains: our wants might be many, however our needs are just few. This guideline resonates profoundly when we step back and think about the fundamental things in everyday life.

Let's explore this concept through a real-life scenario that highlights the distinction between wants and needs, illustrating how the pursuit of desires can sometimes overshadow what is really necessary.

### The Tale of Daniel: A Journey from Wants to Needs

Daniel was a successful marketing executive in his mid-thirties, living in a clamoring city. He had worked his way up in his career and earned a six-figure salary. By most norms, he had "made it." He lived in a modern apartment, drove a luxury car, and routinely enjoyed the most recent tech gadgets, designer clothes, and exotic vacations. Daniel's life was loaded up with the fulfillment of his wants.

Notwithstanding the entirety of his achievements and assets, Daniel started to feel a sense of void. His growing collection of material things at this point no longer presents him enduring pleasure, and he found himself constantly pursuing the next thing, whether it was another car or the most recent iPhone model. It seemed as though the more he gathered, the less fulfilled he felt.

### The Wake-Up Call: An Unanticipated Occasion

One day, an unanticipated occasion transformed Daniel. The organization he had worked for underwent an enormous restructuring, and regardless of his excellence performance, he was laid off due to financial plan cuts. Unexpectedly, Daniel ended up without a steady income. His first

reaction was panic. How would he maintain his lifestyle? What about his rent, car payments, and other expenses? The fear of losing his luxuries overwhelmed him.

With no job and no immediate income, Daniel had to make drastic adjustments. He cut back on spending, canceled his gym membership, and started using public transportation. As his savings dwindled, he faced the reality of having to sell his luxury car and downgrade to a smaller apartment. At first, it felt like he was losing everything that defined him. He had always associated success with material wealth, and now that wealth was slipping away.

### Shifting Focus: Acknowledging What Truly Matters

Be that as it may, something remarkable occurred as Daniel adjusted to his new circumstances. Without the pressure to keep up with appearances and maintain a high-consumption lifestyle, he began to realize that his needs were, as a matter of fact, very simple. With time on his hands, Daniel spent more time with his family and friends. He started going for walks in the park, something he hadn't done in years. He took up reading and rekindled his love for cooking, discovering that a homemade meal brought him more satisfaction than dining at a fancy restaurant ever had.

The things he once considered "essential" to his joy such as: his luxury car, designer clothes, and the most recent gadgets now appeared to be insignificant. In their place, Daniel found joy in the simpler things: good health, meaningful relationships, and personal growth. His needs such as: shelter, food, companionship, and purpose were few, but they were enough. He had spent years pursuing endless wants, only to discover that his true happiness lay in the fulfillment of his basic needs.

### The Lesson: Separating Wants from Needs

Daniel's story describes a strong lesson: our wants might be many, however our needs are just few. As individuals, our essential needs are often far simpler than we understand. We need food, water, shelter, security, and meaningful relationships. Beyond that, everything else is largely a want—things we desire, but that are not necessary for our survival or happiness.

While it is not wrong to pursue wants, the challenge lies in distinguishing between what we need to live a fulfilling life and what we merely desire out of societal pressure, personal ambition, or consumerism. The constant chase for more can lead to a sense of dissatisfaction, as it did with Daniel, where no measure of assets can really fill the void. When we focus on our needs, we find contentment with less, and we stop defining our value by the accumulation of things.

### Applying the Concept to Our Lives

Daniel's experience isn't new. Many of us are driven by the desire for more, whether it's a Skyscraper, a higher salary, or more expensive devices. Nonetheless, when life compels us to step back and rethink, we often find that our true happiness and well-being depend on far less than we think.

- Housing: While many dream of living in a large, expensive homes, the reality is that our basic need is shelter. A simple, safe place to live can meet this need just as well as a mansion.
- Food: We might need connoisseur feasts at upscale restaurants, however our need is nourishment. Simple, healthy food can give the same physical sustenance as an expensive dinner.
- Entertainment: Many individuals spend heavily on entertainment, from extravagance vacation to the most recent tech gadgets. However, fulfilling our need for relaxation and recreation can often be accomplished through less difficult, less expensive activities like reading, spending time with friends and family, or participating in leisure activities.

### Conclusion

Daniel's journey from pursuing endless wants to understanding the simplicity of his actual needs serves as a reminder to us all. Our wants might be many, molded by societal expectations and consumer culture, yet our needs are few, focused on what really sustains us and brings long-term fulfillment. When we focus on meeting our needs as opposed to constantly chasing after our wants, we can find contentment and a deeper sense of satisfaction with the simpler aspects of

life. In the end, it is often the things we take for granted such as: health, relationships, and inner peace, that are the true sources of lasting happiness.

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