



The Question of a Lifetime: How Much Money Do You Need to Be Happy?

This worksheet will help you determine how much money you need to make to meet your needs so that you can be fulfilled.

Do you feel "satisfied" with how much money you make now?

If you said yes, describe why you are satisfied.

Prompts:

- Is it because all of your needs are met?
- Is it because you make the same or more than your peers/friends?
- Is it because you don't think you deserve more?
- Is it because you're not willing to do what it would take to earn more?

If you said no, describe why you are not satisfied.

Prompts:

- Is it because you are not able to meet your needs?
- Is it because you make less than your peers/friends?
- Is it because you think you deserve more?
- Is it because you're doing what it takes to earn more, but the money's not coming?

Regardless of how you answered the previous question, let's put your answer into the context of your needs.

Do you make enough money to meet your basic needs? Food, shelter, clothing, transportation.

If not, what actions can you take so that you do?

Prompts:

- Look for another job?
- Gain skills to get a promotion where you work now?
- Redefine your "basic" needs?
- Find ways to cut back on your "basic" living expenses?

Are your psychological needs being met? Belonging, love, connection, esteem. For a better explanation of what these needs are, go to:

<https://www.simplypsychology.org/maslow.html>

If not, do you think money can help you meet these needs?
How?

What expectations and limiting beliefs could you face to shift your mindset about the amount of money you need to meet your psychological needs?

Do you need money to meet your growth needs? And approximately how much?

Prompts:

- Is there a training course, books, or manuals that you would need to pay for?
- Are there specific tools and/or supplies that you need?

Do you make enough money to cover your basic needs and cover the cost of whatever you need to meet your growth needs?

If not, what are you willing to do/give up to make more money?

If you're not willing to do what it would take to make more money, what monthly expenses can you cut back on so that you can reallocate that money to your growth needs?

Need a little more help putting some numbers together? Check this post out:

What is Your Happiness Worth? Our Exclusive Calculator