

Name

What I want you to give me.

1

2

3

4

5

6

7

What I want to give to you.

1

2

3

4

5

6

7

What I will give you on your list.

1

2

3

4

5

6

7

What I want to receive on your list.

1

2

3

4

5

6

7

Needs and Wants List Instructions

1. Each of you will do this exercise separately
2. Fill out the top portion and then hand your list to your partner
3. Your partner will then fill out the bottom portion and hand your list back to you.
4. You will then underline or circle the things that your partner will give to you (top left quadrant)
5. Then you will add to your list anything you are willing to give to your partner that was on their list but not yours.
6. Share the results with each other
7. At home, make a list of things you will be giving to each other
8. Be reasonable. Eg: Flowers three times a day is a bit much but flowers once a week might be nice.