

Ojas Worksheet to identify Needs, Wants and Addictions

Needs to Survive	Wants to Enjoy	Addictions to indulge
<i>Needs are essential for our living. These are the basic necessities for our survival</i>	<i>Wants to excite and engage our 5 senses. These complete our life and nourish our soul</i>	<i>Addictions are wants you to consume without any conscious control</i>
(When needs get fulfilled we survive)	(When wants get fulfilled we live and enjoy)	(When addictions get fulfilled we become even more addicted)



Discover
The power within

know more at ojas.kinduz.com