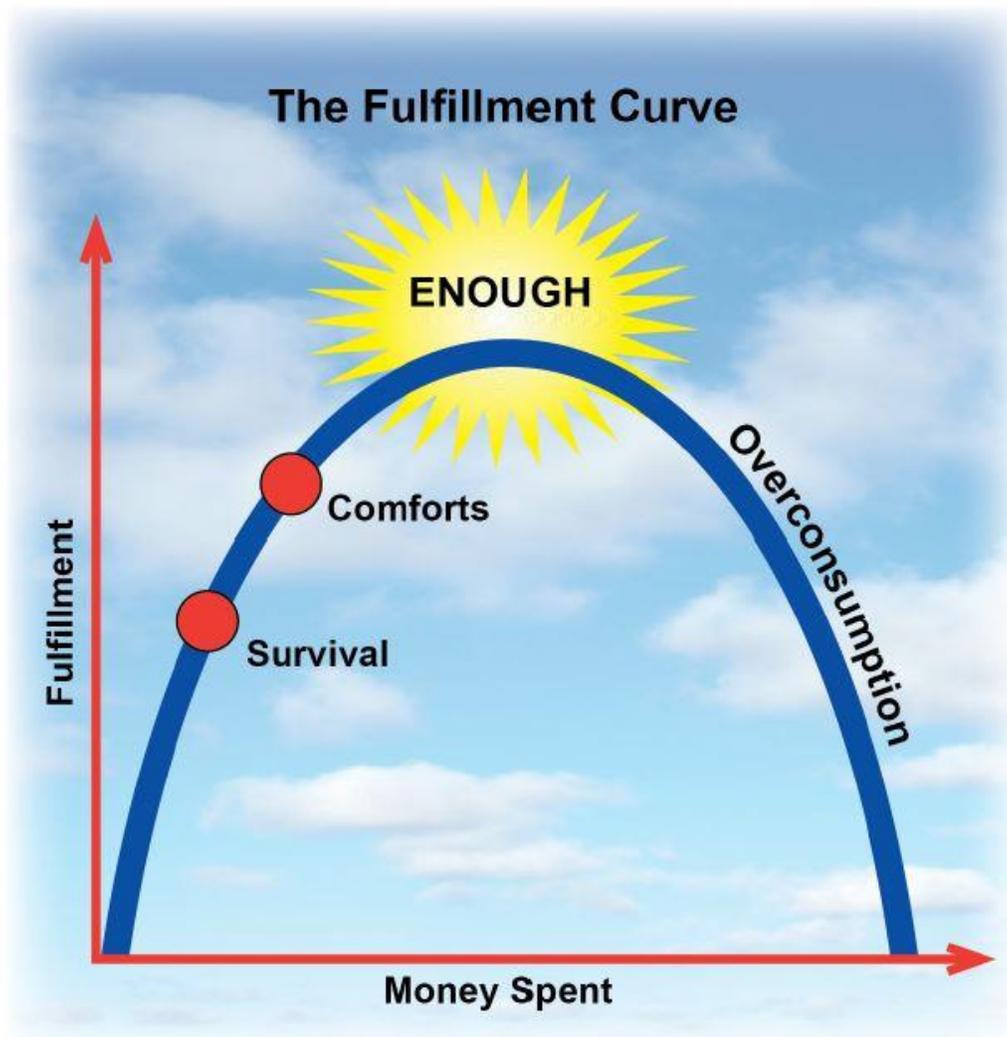


## Fulfillment Curve Worksheet

If you're looking to simplify your life, a helpful activity is to look at the Fulfillment Curve. The Fulfillment Curve, which can be found in the book "Your Money or Your Life" by Vicki Robin and Joe Dominguez, looks at how the money we spend relates to our level of fulfillment. We go from meeting survival needs, to reaching a place of comfort, then even getting to enjoy luxuries. But, if we continue down the path of money spent, we reach a tipping point that points us over to overconsumption. There is no clear "enough" marker that fits everyone, so this activity takes you through identifying each point along the curve for yourself!



(Picture from carlsgreenideas)



1. What do you consider your survival needs? Are they being met by your income? (examples of survival needs: food, clothing, shelter)

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2. What comforts do you enjoy that you would not want to live without? Remember, simple living is NOT about deprivation. But, it is moving forward in life with awareness. Sometimes we are not aware of what is a basic need and what is a comfort. Write a list of comforts you currently enjoy that you would not want to do without. Think outside the box here! (examples of comforts: bike, more than the essentials in your wardrobe, sports equipment)

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3. Luxuries are something that we don't have to completely release to live simply. Actually, luxuries can certainly be a part of the mix! A key is to be aware of what is now considered normal in our culture and what was once considered a luxury. For example, 50 years ago a home with air condition was a great extravagance and today it is the norm. Be creative here. Another example of a luxury in most countries, yet we consider to be a necessity is a dishwasher. One helpful thing as you write down luxuries you enjoy is to think about what you enjoy that other countries might not have the opportunity to enjoy. If you've traveled out of the country this might be a bit easier for you! Write down a list of luxuries you are grateful to use.

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4. After gaining awareness of your needs, your comforts, and your luxuries, how would you define “enough” in your life? Be specific. Where would you live, how would you get from point A to point B, what would you want your savings to look like, how would you feel, what would your income look like? Be sure to write down some of what you notice about your physical surroundings, but also the emotional connection you have to the idea of “enough.”

“At the peak of the Fulfillment Curve we have enough. Enough for our survival. Enough comforts. And even enough little “luxuries.” We have everything we need; there’s nothing extra to weigh us down, distract or distress us, nothing we’ve bought on time, have never used and are slaving to pay off. Enough is a fearless place. A trusting place. An honest self-observant place. It’s appreciating and fully enjoying what money brings into your life and yet never purchasing anything that isn’t needed or wanted.” -Vicki Robin

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Happy rooting,  
Amy