MLDP VALUE

STRATEGY | VALUES | GROWTH

WEALTH INSIGHT #103

Find Your Own Sense of Enough

12 November 2026 | Moderation | 3 minutes

THOUGHT FOR THE DAY

Those who always desire more may struggle to recognise when they have enough.

Epicurus

What does it mean?

Epicurus distinguishes limited natural needs from desires that can grow endlessly through groundless beliefs. His subject is the measure of our needs.

In daily life it helps to ask what a purchase actually offers. Some spending improves our lives; other spending mainly arises from comparisons with others.

Put it into practice

01 Choose something you currently want to buy.

02 Describe its practical benefit in your daily life.

03 Check whether something you already own offers the same benefit.

YOUR TASK FOR TODAY

In no more than five minutes, complete this sentence: "This purchase matters to me because ..."

YOUR QUESTION

How do you personally recognise that you have enough?

Idea based on Epicurus | Epicurus, Principal Doctrines 15