

## DO I HAVE ENOUGH?

On the act of assessing one's personal resources

The answer to this question provides fundamental insights into how individuals survive and thrive. Without knowledge about whether your resources are scarce, sufficient, or abundant, allocation decisions and strategic responses aimed at securing, sustaining, and safeguarding resources are shots in the dark.

However, asking people to provide a definitive answer to how much personal resources they feel that they have, and verifying this answer, is surprisingly difficult. At the outset of this research I began to break down this broad and general question into smaller components, and this process is still ongoing. What defines a personal resource? How do people decide if their resources are scarce, sufficient, or abundant? What determines wants? How do reference points influence resource assessments? How does personal experience influence our resource assessments? How do societal experiences influence resource assessments? What are the consequences of resource assessments? How can resource assessments be measured? This thesis is my attempt at providing answers.



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