

Resource Resilience #7

Make a list of your resources. Think of people, including friends, family and even acquaintances you aren't close to, skills or talents you possess, possessions like tools or a computer, money, and personality traits that help you get what you want and need.

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

Now put a star next to the resources you are using to the fullest extent possible.

What resources would you like to use more fully? Put a circle around these.

