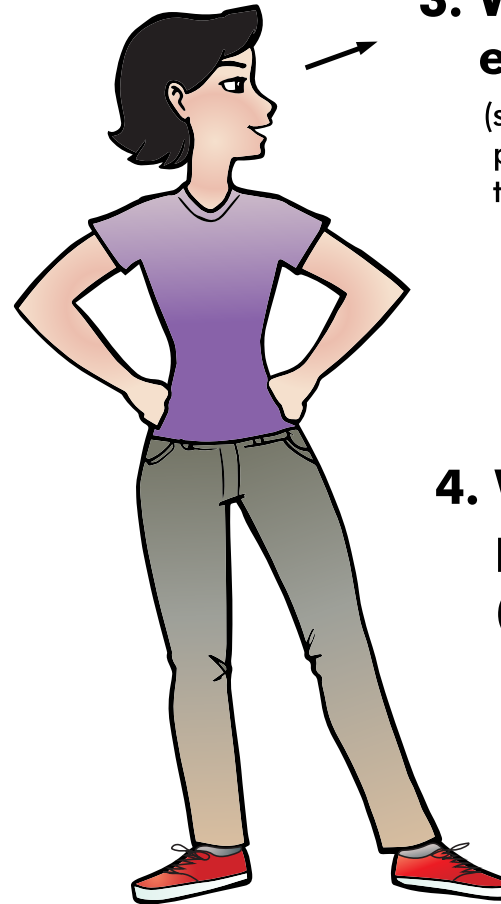# Resource Resilience

1. What is a resource?

2. What are your internal resources?
(something that is a part of you: an ability, attribute, physical characteristic, or skill)

3. What are your external resources?
(something that is outside of you: physical assets, people in your life, tools, jobs, etc.)

4. What are your potential resources?
(any resources that you don't currently possess but could possess in the future)

Remember: Resource Resilience means looking at the resources you possess and those you could potentially possess as a way to solve problems and be resilient.