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Power Choices© February 2008

Power Choice – Potential

What are Resources?

(According to **Merriam-Webster online**)

- ✓ a source of supply or support: an available means
- ✓ a natural source of wealth or revenue
- ✓ a natural feature or phenomenon that enhances the quality of human life
- ✓ computable wealth —usually used in plural **e**: a source of information or expertise

Why are Resources essential?

Good resources become necessary and great resources are essential. Professional resources can help us with health, legal issues, financial challenges, education and career planning - the list is limitless. If you are interested in saving time, money or energy, consider the expanding your resources.

How can we connect with the "right" Resources?

Take 3 steps

1. Acquaint yourself with your strengths and challenges, assess where you are and identify what you results that you want to achieve.
2. Map out a plan to optimizing what you desire from the resource
3. Connect with the resource and walk away from the experience with a least one take-a-way that will assist you.

Who or what can help to expand our Resources?

The library, your office or company, your family, friends, social network, the list is limitless! Be open and actively seek resources – they are everywhere!

Source of Resources:

Ressource from Old French
meaning relief



Tips to Discovering YOUR Resources

- Know yourself - Identify what is important to you
- Assess where you have challenges or gaps in your life and/or career
- Map a plan
- Think outside the box – go outside your field of expertise
- Visit the library
- Join professional networks
- Create a series of questions and interview successful people
- Take inventory

**"The courage to imagine
the otherwise is our
greatest resource,
adding color and
suspense to all our life."**

Daniel Boorstin



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"Life is constantly providing us with new funds, new resources, even when we are reduced to immobility. In life's ledger there is no such thing as frozen assets."

Henry Miller

Be Open and Resources are Unlimited!

Laura Novakowski

All too often, we believe we should go it alone. We should show strength of character and dig deep to find our internal **resources** to achieve success in life. Now, I believe independence is important and at times essential but is that the best use of our own **resources**.

For example, I'm an RN and I have some knowledge of health and disease, but I would be rather foolish to believe that I could diagnose a life threatening illness without qualified, professional support. Certainly I can research and study, but in the meantime the disease can move more quickly than my ability to learn and then... Until, something of consequence shows up in our lives, we don't create a cache of resources that can help us maximize on our own resources.

Expanding our assets helps us to improve our professional and social networks while improving our net worth. Business like life requires balance. Understanding the core success factors for personal and work ultimately will help you to make great contacts. We connect with that which are aware. It's like buying a car. You suddenly are in the market and decide that you want a brand new red mustang convertible and all of a sudden the red mustang is everywhere.

When you clearly identify what you need and why you need it, the **resources** will show up. One of my favorite quotes comes from the movie, **A Field of Dreams**, "*If you build it, they will come.*" Know your **resources** and they will come.

Resources are like potential they are unlimited. Just be open!

The **S.O.U.R.C.E.** for Your Success

- **S**et the stage for what you want to achieve. Be clear on the results that you are seeking.
- **O**wn the situation. Set goals and objectives for every interview, trip to the library or time spent surfing the internet.
- **U**nleash your limitations. Get outside the box. Talk with business resources about art. Research business practices in play grounds.
- **R**each out and let people know that you need help. One of the most powerful relationship builders is to let others know that they are needed
- **C**reate excitement and interest in your project, your job, your community, your life.
- **E**nlighten yourself and others to the power of finding and using resources to achieve your success!



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The Secret Resource
Leanne Hoagland-Smith, M.S.

"The human mind is our fundamental resource."

John Fitzgerald Kennedy

Recently, I read a quote by Dr. Albert Schweitzer who was responding to a question by the press. He was asked "*What is mankind's problem?*" After several moments of reflective thought, Dr. Schweitzer responded: "*Men do not think.*"

When we think in many cases, we are taking stock of our **resources** through the act of thinking or reflection. To do so usually suggests that you must know yourself, know what you want, know where you are going and know how to get there. Until we reflect, we may waste our limited resources of time, energy, money and emotions.

Have you taken the time to reflect upon you? Do you know who you are? Have you listed your strengths, potential strengths and areas need to be improved? How can you leverage your **resources** both efficiently and effectively without being able to answer these questions? (Ever hear of working harder not smarter?)

Do you know the "what" of your life? During the past 10 years, I have come to learned that many people cannot quickly and convincingly answer this question: What do you specifically want in the next 3 to 5 years? Without the "what," you are potentially walking down the wrong path and wasting your precious **resources**.

So where in the heck are you anyway? Through reflection of our **resources**, we can continually check where we are in respect to our plans, our goals, our passion and our purpose.

Finally, how are you going to get to where you need to go? When you go to the grocery store, usually you have taken some reflective time to construct a written list so that you best utilize your resources of time, energy, dollars and emotion. You construct a plan based upon that list so that you are in and out because you have other things to do.

Reflection, the act of thinking, is a critical partner when we look at our resources. These resources are be someone else's time, money, energy or emotion, but everyone has the same 4 **resources**. How we unite those resources to our daily actions so that we continue to successfully master success are the daily choices that we make in our lives.

Now the choice is yours. Just imagine what would happen if you scheduled just 12 minutes once a week to reflect upon the past week and look to the next week. Take stock of your resources. Are you using your time wisely? How are feeling physically (energy)? Where are you investing your dollars? And finally, what level of emotions do you need to work through the next week or weeks? Use your reflection as your secret personal **resource**.



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The Magic of In-Sourcing
Stephen Sisselman

Hint for the month of February: Make everyday Valentine's Day, and show the people you love, how much they mean to you!

Resources can be different entities from a book to an older relative. They can be a thing, a person or a group of things or people. One of the most dynamic ways in which **resources** are used is in teamwork. Everywhere you go there is pressure to work as team to energize and be successful. So, the question I pose this month to you is, what team do you want to play for and what **resource** do you want to be?

A great analogy is baseball (spring training is on the way in a few weeks). Each member of the team possesses special skills that when put together allow for success. A pitcher has the skill of pitching and becomes the team **resource** for throwing pitches that will elude the other teams' bat. The shortstop provides the **resource** of coverage between bases when other members are utilizing their energy in a play and also provides the infield an extra **resource** when balls stay within the infield area. The pitcher could not win a game on their own without their **resources**. A great home run hitter would be useless if the team **resources** didn't provide adequate runners and catchers. Together each member gives something special, knows something special, or can direct different specialties to victory every day.

Now think of your team either at home or at work. What is your role? What is your **resource** that you provide and who seeks it out? What are the **resources** you use and where or to whom to you go to get them? Your answers to these questions are important as they allow you to see your place in the family or in the workplace.

Now that you know your own **resourcefulness**, does it make you happy? Do you feel you are being used for the **resources** you think you have or have you discovered people see **resources** in you that you never imagined?

Whether you are happy with your own **resourcefulness** and want to enhance it further or whether you'd rather be able to be a provider of additional **resources**, the path to getting there is setting a goal. Look to create and move towards a goal that is specific, measurable, attainable, realistically high, and has a set target date for when that goal should be accomplished. Your value as a person is the greatest **resource** of all.

Make everyday a day to remember!
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Special Section

Laura and Leanne

How do you expand your **resources**? Possibly, you may subscribe to newsletters, other Ezines, Google alerts, or executive summaries of new books. Whatever your actions, they need to be aligned to your overall professional and personal development plans.

Here are a couple of good reads that may help you in your quest to expand your resources:

- **Judgement: How Winning Leaders Make Great Calls** by Noel B. Tichy and Warren G. Bennis
- **Leadership and Self Deception** by Arbinger Institute
- **What Got You Here Won't Get You There: How Successful People Become Even More Successful** by Marshall Goldsmith

Beyond a good book, what professional seminars are you attending to expand your **resources**?

Have you connected with a mentor? Do you meet with him or her on a regular basis?

Masterminding is another way to expand your **resources**. You can form a group with other like-minded individuals who wish to expand their professional to personal success. Napoleon Hill in **Think and Grow Rich** showcased the power when people unite together.

Whatever actions you take, the lynch pin is that you must take them. Until you take action, they are only well intended thoughts and will not benefit you.

More Potential Quotes

"Humor is a serious thing. I like to think of it as one of our greatest earliest natural resources, which must be preserved at all cost."

Henry Thurber

"The courage to imagine the otherwise is our greatest resource, adding color and suspense to all our life."

Daniel J. Boorstin

"To be thrown upon one's own resources, is to be cast into the very lap of fortune; for our faculties then undergo a development and display an energy of which they were previously unsusceptible"

Benjamin Franklin



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