

From the bestselling author of *The Only Little Prayer You Need*
and *Let Your Spirit Guides Speak*

Your Resource Inventory

Mapping Your Assets
for a
Life of Success



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Introduction

In the busy-ness of life, it's easy to forget all the resources we have available to us. Supportive people, material assets, education and inner wisdom are all part of our lives, but we may overlook those riches because we have our nose buried in today's To Do list.

If you want to make a change in your life, though, it's important to take a step back and assess where you are, where you've come from and all the assets you have available to you.

In other words, inventory your resources—including the ones you may not immediately think of.

Typically when you do this, you'll learn three important things:

- 1. You're not alone.**
- 2. You have more resources than you thought.**
- 3. You can accomplish your goal in more ways than you may have realized.**

In other words, you'll learn that you're resource-*full*. And that information provides a solid footing for any significant change, whether you want to build a business, find a job, get in shape, start (or end) a relationship or accomplish a life-long dream.

On the following pages, you'll find questions to help you inventory your resources in 13 different areas of your life. I've left room on each page for you to write your answers, and I encourage you to print out this book so you can give it your thoughtful attention.

You may even want to doodle or draw your answers, map them out or find images that represent your resources and glue them on the appropriate pages.

Use this as your personal inventory and journal. Keep it close to you over a period of days (or weeks) so you can add resources as they come to mind.

Then, after you've completed your inventory, take the steps toward the end of this book to put your resources to work.

Most important, have fun with this! Enjoy the process of discovering your resources. Your inventory will give you a whole new picture of what you've achieved and what's possible in your future.

And ... please see the last three pages of this ebook for a special FREE offer!

Hopes and Aspirations

What do you dream of in your life? What's the greatest goal you'd like to achieve? What do you want to be known for?

Your goals and aspirations are assets because they move you forward, giving you energy and filling you with a sense of purpose that's bigger than money or fame.

List all the hopes and aspirations you hold, even if you're not sure you can ever achieve them.

Family and Friends

The people closest to you can be some of your greatest assets by believing in you even when you aren't sure of yourself. You may have acquaintances or distant relatives who can also support you. List everyone you can think of who plays a role or could play a role in your success.

Social and Professional Networks

From social media to church and community groups, you have access to countless resources. List all the ways you do (or can) connect through your social networks, including professional organizations, online groups, etc.

Good Influences

As you look back over your life, think of people who helped you make good decisions at different stages, beginning when you were a child. Who were these people and what lessons did they teach you? How did their influence shape who you are today?

Special Places

Where are the places in your life where you feel most comfortable, supported and at home? How much time do you spend in these places? Do you take care of them the way you'd like? How could you spend more time there?

Inner Strengths

What personal characteristics have helped you deal with obstacles and barriers in the past? What inner strengths and strategies have you relied on to overcome challenges?

Innate Gifts

You possess unique talents and abilities. What are these special gifts? How have you used or shared them in the past? How would you like to use them in the future?

Financial and Material Goods

What financial assets are available to you, either through your own savings and investments or potential investors?

What material goods could help you achieve your goals—either ones in your possession, or ones you could borrow or rent?

Writing and Speaking Abilities

What are your strengths in communicating with others? How could you use those skills to achieve your goals?

Education

Are you making full use of your education and background? How could you put your education to use in new ways to achieve your goals?

Are there gaps in your education that you may need to fill? If so, how could you get that done?

Self-Care

To be a steward of your resources and put them to good use, it's important to take care of yourself. What steps do you take on a regular basis to care for your physical, mental, emotional and spiritual well-being?

Are there instances when you put others' needs ahead of your own? Does this give you energy or drain your energy?

Inner Wisdom

What have you learned that gives you a deeper understanding of life? What do you understand about life that others might not? What wisdom would you like to share with others?

Spiritual Practice

What beliefs support and sustain you? How do you connect to your spiritual life? What role does your spiritual practice play in the goals you want to achieve and your sense of purpose or passion?

The Next Steps

Now that you've inventoried your resources, you're ready for the next step: Putting those resources to work in achieving your goals.

Your resource inventory gives you an excellent look at where you are and where you can go from here. You may feel like you have way more assets than you ever realized. Or maybe you found that you're missing some key resources that you'll need as you move forward.

What do your resources say about you?

To make the most of your inventory, take time to look at it from different perspectives. More than just a list, the inventory can help you understand yourself in ways you never have before. For instance....

- **Choose a resource from five different categories** (for example, one hope or aspiration, one piece of inner wisdom, one innate gift, one good influence and one educational resource). Put them together in their own list so you can focus on them, then ask yourself what those five resources say about you. If you were an impartial observer, how would you describe the person who possesses those resources? What would that person be especially suited for or capable of doing? Is there a common thread that unites those five resources? If so, why is that thread meaningful?
- **Now choose five people** you've included in different categories of your inventory (for instance, good influences, family and friends, social and professional networks). How are you like these people? What do they mirror in you? Are you spending time with people who represent your greatest potential? How have the people in your life shaped you to be who you are today?

Designing your blueprint

With this information completed, it's time to turn your resource inventory into a clear path for achieving your goals.

1. **Write down a specific goal.**

2. **Write down all the assets you may need** to reach that goal into two different categories: “Resources I Currently Have” and “Resources I Don’t Yet Have.”
3. **Under “Resources I Don’t Yet Have,”** list the steps you’ll take to gain the resources you need. How can you make use of your current assets to help you with this? For instance, how could your social or professional network help you gain important contacts? Or how could your spiritual practice give you the confidence you need to ask for help?
4. **Brainstorm how you could use existing assets in new ways.** For instance, could you partner with a friend or colleague to offer a class that would build your credibility? Could you increase your spiritual practice to include meditation 10 minutes a day, allowing more creative ideas to flow in? Could you enlist the help of an organized friend to clean out the clutter in your home so you can think more clearly? Could you list a guest room on Airbnb to make extra money for a new business? Look at your inventory with fresh eyes—letting go of any preconceptions—to see how your resources can support you.

By taking these steps, you’ll not only gain confidence in your ability to achieve your goals, but you may see yourself in a whole new light.

Use your resource inventory to shape your purpose, your passion and a whole new picture of what’s possible in your life.

About the Author

Debra Engle is the bestselling author of *The Only Little Prayer You Need: The Shortest Route to a Life of Joy, Abundance and Peace of Mind* (Hampton Roads Publishing), featuring a foreword by His Holiness, the Dalai Lama, and an endorsement by Archbishop Emeritus Desmond Tutu.

Her most recent release, *Let Your Spirit Guides Speak*, was published in the U.S. by Hampton Roads and in Germany by Random House. She also authored *Grace from the Garden: Changing the World One Garden at a Time* (Rodale Publishing), which received a glowing review in Oprah magazine.

Engle's writing was also included in *The Art of Living: A Practical Guide to Being Alive*, along with essays by Deepak Chopra, Mikhail Gorbachev, Sir Richard Branson and the Dalai Lama, among others.

In 2005, she founded her company, GoldenTree Communications, which offers writing and personal growth retreats, as well as mentoring for authors in writing and publishing. In addition, she writes a blog called "Everyday Miracles," for patheos.com, the world's largest religion/spirituality site.

Engle is the co-founder of Tending Your Inner Garden®, an international program of personal growth for women that has been featured in *TIME* magazine and *Woman's Day* online. She also holds a Master of Fine Arts degree in Creative Nonfiction from Goucher College in Baltimore.

Widely acclaimed for her warmth and unique ability to connect with her audience, she is a sought-after teacher, speaker and workshop leader.

Learn more at debraengle.com and follow her on Facebook and on Twitter @DebraEngle2.



My gift to you: A FREE “Real Change” coaching session

I hope you’ve found value in this ebook. I use this book when I coach clients to build their businesses, improve their relationships, reduce stress, write and publish a book or achieve other important goals in their lives.

Do you have something *you* want to change or achieve in your life? Maybe you'd like to...

- Start a business
- Write and publish a book
- Find new love
- Move into a new career
- Improve your marriage
- Or simply find more happiness in everyday life

No matter what you'd like to change or achieve, the secrets to success are the same:

Get clear. Decide what you want, with as much specific detail as you can. The clearer you are on what you want to have in your life, the more likely you are to achieve it.

Get help. Making big changes in your life is a lot easier when you have encouragement and direction. Be willing to ask for guidance from your inner wisdom AND from the supportive people in your life.

Would you like a FREE “Real Change” coaching session?

If you want to put your resources to work and create greater success, I’d like to help. With a special one-on-one, 30-minute “Real Change” coaching session, we’ll work together to do three valuable things.

1. Create a crystal clear vision for ultimate success so you know exactly what you want, where you're headed, and what you need to do to make it happen.

2. Uncover hidden challenges that may be keeping you stuck or sabotaging your ability to make lasting changes.

3. Leave you feeling renewed, re-energized, and inspired to finally achieve the change you seek—once and for all.

If you'd like to take advantage of this very special, totally FREE 30-minute "Real Change" coaching session, email me at deb@debraengle.com today with the answers to these questions:

1. What do you most want to change today?
2. Have you tried to change this before?
3. What have you attempted in the past that didn't work?
4. Why do you think it didn't work?
5. On a scale of 0-10, how important is it for you to achieve change today (with 10 being your highest priority)?
6. What other areas of your life do you want to change (if any)?
7. Full name
8. Email address
9. Phone #
10. Time zone

What areas would you most like to work on?

___ Business

___ Writing and publishing

___ Finding love

___ Improving my current relationship(s)

___ Career change

___ Overall personal development

___ Other

Since these free coaching sessions are in high demand, I take as many people as I can and then start a waiting list. You can expect to hear from me within a week of receiving your email.

Again, to take advantage of this offer, simply email me at deb@debraengle.com and answer the questions listed above.

Sending blessings,

Debra Engle

PS: The sooner you send me your answers, the sooner we can schedule your free session. Please email me at deb@debraengle.com now.