

Module 5 – Lesson 32: Gather Your Resources

The previous lesson was about the importance of balance in your life. When your life is out of balance, it's easy to be unhappy.

This lesson deals with resources – determining your resources and gathering them together.

Any plan requires resources to execute—ensure you have what you need in place.

For most goals, you're going to need more than just yourself with your current level of knowledge and expertise. ***You'll often require other people, advice, education, and new skills.*** The internet makes it much easier to find the people and other resources you require.

Get the help you need:

1. **Determine what you need to learn.** Do you already know everything you need to know in order to be successful? Most importantly, do you know enough to get started? What do you need to learn to take the first step? Remember all the potential resources available to you.
 - Internet
 - Books
 - Online courses
 - Local educational facilities
 - Clubs
 - Audio programs
 - YouTube and other videos
 - People

2. **A mentor can be the most valuable resource.** Imagine having access to someone that's accomplished what you're trying to accomplish. Unless your goal is highly unusual, someone else has already done it. Seek out these people and ask for assistance.
 - You've probably had a golf coach, piano teacher, or other type of mentor in the past. In the past, so it makes sense to have a coach for losing weight or launching an online business, too.
3. **Time.** Do you have the necessary time available? Some goals don't require any more time than you're already spending. Sticking to a budget might actually save time since you won't be out spending money as much.
 - However, most goals require time. Unless you currently have free time to spare, you'll have to steal time from other activities. Surfing the internet, playing on your phone, and watching TV are the most common time-wasters. You may have to drop some more meaningful activities, too.
 - If you can't make the time for your goals, you might need better, more inspiring goals.
4. **Other resources.** If you're going to be a guitar player, you'll need a guitar. Do you have everything you need? Computer? Soccer ball? 3-piece suit? Office space? Reliable transportation? Business cards? The ability to cook healthy meals? Make sure you have everything you require.
 - You may need financial resources to meet many of your goals. If that's true, one of your goals might need to be financial in nature.

There are few things you can do completely on your own. ***You're likely to need new information, skills, advice, or money to achieve your goals.*** Identify the key resources you will need and acquire them. Avoid underestimating the value of a great mentor.

With a plan and the proper resources, you're almost ready for action. But, it would be wise to look ahead and identify your potential obstacles. Identifying obstacles is the focus of the next lesson.

Get Started on the Tips in This Lesson:

Choose one of your goals and carefully determine the resources you'll require to achieve it.

Consider if a mentor would also be helpful. Who would you choose to guide you to success?