

# Resources to Consider

Resources are both external and internal and they are necessary for helping you with momentum and outcomes. **External** resources are people, blogs, coaches, etc. they provide you with connection and execution. **Internal** resources are your own abilities such as consistency, discipline, inner motivation. Consider if your goal **require** certain resources meaning you must have the assistance needed or is it **acquired** meaning you have the resource readily available to you.

**Time Management** understanding that time can work for you or against will be your greatest resource. Balance your time. Don't try to over work your strategies. Pace yourself and allow a block of time each day or week.

**Intentional Lifestyle** is what you include in your day-to-day life that has meaning and intentions for reaching your goal. Don't spend time with activities that have no meaning and not moving you in the direction of your goal.

**Networking** has everything to do with reaching your goal regardless if it's business or pleasure. Think about the people you need to know who has the knowledge or skill to connect you to where you are going.

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