

Personal Resource Worksheet

With Ret. Col. Brenda Dietzman

Internal & External Resources			
Social Resources	Physical Resources	Mental Resources	Spiritual Resources
Family Friends Co-Workers Social Groups Pets Community	Health Strength Diet Exercise Hobbies/Activities Finances Sleep	Knowledge Skills Emotional Intelligence Optimism Therapist Self-Care Career Plan	Core Values Purpose Mindfulness Meditation Journaling Mission Statement Faith
Remember: You can control internal & external resources – you can't control external threats!			

Social		Physical	
Have		Have	
Want		Want	
Mental		Spiritual	
Have		Have	
Want		Want	