

Resourcing

**Resourcing with 3 qualities you need:
*Examples of Resource Qualities:**

Acceptance	Calm	Daring	Forgiveness	Joy	Serenity
Adequacy	Certainty	Devotion	Fulfillment	Kindness	Sincerity
Affection	Clarity	Ease	Fun	Nurturing	Support
Amazement	Comfort	Efficiency	Glee	Optimism	Sweetness
Amusement	Compassion	Embrace	Gratitude	Passion	Tenacity
Attention	Confidence	Encouragement	Harmony	Playfulness	Tenderness
Authenticity	Connection	Energy	Help	Quiet	Truth
Beauty	Courage	Enthusiasm	Honor	Resourcefulness	Warmth
Bliss	Creativity	Flow	Intention	Responsible	Wisdom
Bravery	Curiosity	Focus	Intrigue	Safety	Wonder

Pick 3 qualities and elaborate ... if you were to embody each quality, what thoughts, sensations, behaviors & beliefs would you be engaging in?

Quality 1:

Thoughts _____
Sensations _____
Behaviors _____
Beliefs _____

Quality 2:

Thoughts _____
Sensations _____
Behaviors _____
Beliefs _____

Quality 3:

Thoughts _____
Sensations _____
Behaviors _____
Beliefs _____