PRACTICE EXERCISES
RESOURCEFULNESS
WEEK THREE

★ The number of stars represents the degree of difficulty. ★

Minimizing "Can't"

The word can't is the biggest bugaboo to the development of resourcefulness. When a person says, "I can't," they short circuit the mental electricity required for creative problem-solving. To be sure, there are many situations in which "can't" is simply the way it is. But on other occasions – many other occasions – people say "can't" way too soon. They hit one or two roadblocks and give up. How do you get beyond that tendency? By digging in your heels and refusing to think or say "can't." It may feel like failure is forced upon you, but it should not be easily accepted. At least, that is the mindset that promotes resourcefulness. The next three exercises give you a chance to practice facing, minimizing and thereby overcoming the stifling power of "can't."

Phone-a-Friend

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Being resourceful isn't always a matter of figuring out how to achieve a goal or solve a problem all by yourself. Sometimes it's a matter of thinking of the right person who could help you come up with creative options and alternatives. That's a very effective way to minimize the threat of "can't" hanging over your head when you're stuck. That's the time to "phone-a-friend" as in the long-running TV show, "Who Wants to Be a Millionaire?" **Name a person who could help you out in the following situations...**

A creative solution to a household problem.	A creative solution to a financial problem.	A creative solution to a relationship problem.

Failure an Option? ... Not Anymore

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Think of one or two occasions when you tried to do something, but couldn't, or didn't even try because you thought, "I can't do that." **Pick one of those prior "failures" and go after it with the "failure is not an option" attitude and see what you can come up with to succeed.**

Write down a summary of what you did to give it your best shot, whether you succeeded or not.

Lever and Fulcrum

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Philosopher and scientist, (3rd c. BC) Archimedes famously stated: "give me a lever long enough and a fulcrum on which to place it, and I shall move the world." He was referring to the mechanics of lifting objects no person can lift on his own. Resourcefulness is often a matter of figuring out some way to do an otherwise impossible task. Pick one of the following difficult tasks, and figure out how to do it without anyone else's help.

☐ Clear the table, wash the dishes (including any pots and pans) and put everything away in all the right places completely blindfolded.
Have another person present for safety but no assistance or guidance.

☐ Gather clothes, load your washer and dryer, then fold the clothes using only your non-dominant hand the whole time (or a similar type chore.)
E.g., If you are right handed, use only your left hand.

Want all 30 resourcefulness exercises in our full-color 60 page workbook? **bit.ly/resourcefulness-hardcopy** or scan the QR code.

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