

Finding Personal Resource States

During our one day “[Block Busting](#)” workshop we will be using personal resource states to help us dissolve away blocks to progress, to taking action, to moving forward in life. To save time and to help you in the future I want to show you how to identify some resource states that you will be able to use on the day. I’m going to explain what these resources are, what they are not and give you some help in finding some of your own. Ideally I’d like you to find 10 resource states between now and our workshop: Christmas may be a great time to gather a few seasonal ones! If you can’t find 10 it doesn’t matter, just find what you can. I’m going to ask you to record them so that you don’t forget them: it’s all too easy to forget the good things!

What do I mean by personal resource state?

A “state” is simply the way you feel. Each state is probably made up of several different emotions and their effects on your mind and body, but we don’t need to concern ourselves with that now. All I want is for you to find different states that feel good, or just pleasant. If the state is one in which you feel positive, it’s a personal resource state: Easy! However, they do not have to be big things – we are not trying to overpower anything, it’s much more subtle than that. When you find your own resource states, please write them down. Give each state a title and a short description to help you remember and recall it.

Where do I find my resource states?

Most people start by looking at what they **do for fun: activities, hobbies, relaxation, holidays** etc. That’s fine, you will find some there so let’s get those first.

Q. What do you like best about whatever it is you do?

For example, I love hill walking and being in nature. I particularly enjoy working my way up to a high vantage point and looking out across a vast expanse of scenery, down into the valleys below, out at other peaks nearby and those stretching on into the distance. I’ll call this state “wow-factor scenery state”. This is a powerful resource state for me, but they don’t have to be so powerful or so obvious.

Q. What else do you like about this thing you do?

Example: I can think of several other things that I enjoy about being in nature, (all more subtle than the above state) and if you enjoy the outdoors you probably can too. Whatever activity you enjoy there are probably *other things* about it that you enjoy. Find any that you can and record them too.

Pets provide us with great resource states. Stroking a purring cat is a resource state for me and for many others. Playing with my brother’s dog is another resource state for me. The dog loves to chase around after things and bring them back, play tug of war and generally

have a boisterous time. Pets sometimes do amusing things too, just little quick things that make us laugh and we soon forget them, but now you are looking out for them – so make a note!

Similarly **young children can surprise and delight us** with the things they do and say, things that give us an unexpected smile or laugh. Particularly if you are around young children at Christmas, just make a note if this happens.

Be on the lookout for anything surprising, unusual or unexpected...

What happens to you that is unexpectedly pleasing in some way? Or just feels surprisingly good? Did you find a great deal at the January sale? Did someone treat you with unexpected kindness? Or talk to you to cheer you up? Did a stranger go out of their way to help you somehow? Did you find something you like in a shop that you rarely find? Did you see something strange or unusual? Did you have an unexpected moment of connection with someone?

What happens to you that you can use as a resource?

Over the next few weeks, get in the habit of deliberately noticing those little things that make you feel good. All the better if that thing is novel in some way, it can be a very small thing as long as the feeling is positive. Start to collect them, you may enjoy paying attention to the brighter side of life for a change. Give each state a title and make a short description of it to help you remember and recall it. Many of these states you find will be cause for appreciation and gratitude, both powerful and beneficial emotional states in themselves.

I hope you enjoy collecting your personal resource states, it's not a hard or unpleasant task! In our workshop we'll show you how to put your own resource states to very good and surprisingly effective use.

David Wharton.