



LIVING WELL “RESOURCES”

Adapted from “Getting Ahead in a Just-Getting’-By World: Building Your Resources for a Better Life”. . . About building a path to a good-paying job, to stable housing, and economic stability

There are 11 “Resources” that everyone needs in order to live well. These resources include financial, emotional, social, spiritual support, motivation & persistence, and others. How many of these resources a person has is very important to her/her happiness, economic stability, and security.



FINANCIAL

- Having enough income to purchase goods and services that you need and want. Earning enough income for financial needs, without depending upon government cash subsidies.
- Having a good knowledge of how money works—avoiding increasing debt & have “good” credit score. Capability to also save or invest money.
- Access to affordable housing, reliable transportation, & medical coverage.



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EMOTIONAL:

- Ability to manage ‘normal’ ups & downs of mood. Ability to manage your own emotional responses, particularly in negative situations, without being reactive or other behaviors that are harmful to self or others.
- Adequacy of self-esteem, self-confidence, and courage to pursue what you desire for your life.
- Ability to interact & get-along with other people, including working together or working-out differences. Ability to be a leader or a ‘team-player’ as needed.



ABILITIES, EDUCATION & SKILLS:

- Having the ability to deal with daily life. This includes practical knowledge, learning-from-experience, and smart choices.
- Having the education, training, & skills for desired work & good-paying jobs.



LANGUAGE:

- Having the ability, vocabulary, flexibility of language skills to succeed in work or school.
- This includes recognizing when it's important to shift from casual to more polite, 'formal' expression.
- This may include the challenge of becoming bilingual, or more fluent in an additional language.



SOCIAL SUPPORT/NETWORK:

- Having "positive" friends, family, and other connections for an enriched life, and in times of your need.
- Having positive & supportive, vs critical & negative, support people -- for encouragement and support, as well as ideas and connections, thereby increasing your breadth & depth of resources.



PHYSICAL:

- Having physical health and mobility, including adequate management of any chronic conditions (or treatment for acute conditions), to enable adequate energy and functioning in life activities, employment, and desired pursuits.
- Ability to work regularly, without frequent absences due to health. Ability to work with energy and strength (as needed for specific work.)
- Appropriate self-care, including diet, regular exercise, and limits against self-destructive behaviors.
- Adequate medical insurance coverage to provide adequate, necessary treatment for health conditions.



SPIRITUAL:

- Believing in divine purpose and guidance and/or have a rich cultural connection that offers support and guidance.
- Recognition of personal choices and consequences, vs. blame of "fate."
- Use, & appreciation, of support from your cultural or spiritual support group/ center.

	<p><u>INTEGRITY AND TRUST:</u></p> <ul style="list-style-type: none"> ➤ Having a history of honesty, dependability, and fair dealings with others. ➤ Recognition of relationships with others, who are “predictable” and “safe,” or untrustworthy
	<p><u>MOTIVATION AND PERSISTENCE:</u></p> <ul style="list-style-type: none"> ➤ Having the motivation, energy and drive to plan, “do,” and complete tasks for personal change. ➤ Stick-to-it-of-ness, to overcome even when there are barriers or difficulties.
	<p><u>RELATIONSHIPS/ROLE MODELS:</u></p> <ul style="list-style-type: none"> ➤ Having available access to other adults who are balanced & appropriate in their choices & behavior, who are supportive (to you), and who don’t engage in self-destructive behavior themselves. ➤ Opportunity to observe through personal contact how others have succeeded.
	<p><u>KNOWLEDGE OF HIDDEN RULES:</u></p> <ul style="list-style-type: none"> ➤ Recognizing the unspoken cues and habits of the “economic” classes of poverty, middle class, and wealthy class. ➤ Recognizing that school & jobs typically require knowledge of the economic middle class “rule,” such as planning for the future, believing in personal choice & change, motivation by efforts of work and goals of achievement.