

Resourcefulness helps you take back control. In challenging situations, it can feel like you have less ability to influence the outcome. Resourcefulness means 'working with what you've got' to create new solutions that prevent you from stalling or getting stuck.

## Skills that support resourcefulness

- creative thinking
- critical thinking
- pragmatism
- problem-solving
- looking ahead
- negotiation
- open-mindedness
- asking for help.

"Resourcefulness is not only the ability to find quick and clever ways to overcome difficulties but also the insight to anticipate and prepare for them."

[John C. Maxwell, author](#)

## Coach yourself questions

When have I been resourceful in my career?



Who could be my resourcefulness role model?



## Ideas for action



### 1. Write down your worries

Listing out your worries helps clear them from your mind. This lets you manage them more actively and changes how you feel.

- Once you write your worry list, focus on actionable steps that make each worry smaller. Ask yourself: *How do I work with that worry?*

### 2. Pre-empt a 'no' or blockers

Preparing alternative solutions in advance of asking helps keep conversations open. Consider:

- What's another way if my ask doesn't work out?*
- How else? Who else? Where else?*

### 3. Try a trade

Consider what you could give to create mutual benefit and move an opportunity forward. Your 'gives' could include you:

- expertise
- influence
- time
- skills
- profile
- contacts.

### 4. Learn from resourceful people

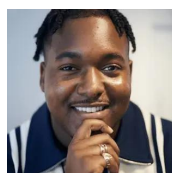
Identify and observe the people in your network who achieve results despite constraints. Ask yourself:

- What can I learn from their approach?*
- What would they do in my situation?*

## Recommended resources



**Resourceful role-models we recommend to follow**  
Lisa Goodchild, educator at Digilearning



**Resourceful role-models we recommend to follow**  
Bejay Mulenga MBE, Managing Partner at Block Brunch



Helen and Sarah share ideas to increase your profile and gather the momentum & motivation you need for your ideas on #403 of Squiggly Careers.