Empacar para el viaje:

**Abastecer su paquete de recursos:**



**¿Qué cambio planeas hacer?**

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**¿Con qué recursos cuentan? (Los recursos son cosas: dinero, tecnología, suministros, libros, información, espacio, etc. que pueden ayudarte a lograr tu objetivo).**

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**¿Qué está disponible para ti en este momento que podría ayudarte?**

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**¿Qué recursos aún necesitas adquirir que te ayudarán mientras trabajas para hacer este cambio?**

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**¿De dónde sacarías estos recursos necesarios?**

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**¿Cómo conseguirías estos recursos?**

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**¿Hay alguien en tu red de apoyo que pueda ayudarte a adquirir los recursos que aún necesitas?**

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**Piense en los lugares a los que vas con frecuencia o a los que puedes acceder razonablemente y que pueden proporcionar cualquiera de los recursos que necesitas. ¿Dónde están estos lugares?**

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**¿Hay algo que debas hacer para acceder a los recursos en estos lugares? (Comprar una membresía, obtener un pase de entrada, programar citas, etc.)**

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**¿Quién en cualquiera de estos lugares se destaca como alguien con quien te gustaría cultivar una relación de apoyo?**

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**¿Cómo discutirás esto con ellos?**

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**¿Cuál es tu plan para abastecer tu paquete de recursos?**

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**¿Qué obstáculo(s) se te ocurre que podría (n) impedirte adquirir un recurso necesario?**

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**¿Cómo superarás los obstáculos que veas?**

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**Paquete de recursos:**

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| **Recurso** | **Locación** | **Como acceder** |
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