

Asking for Help



WORKING DAUGHTER

**ASKING FOR HELP
IS A SIGN OF STRENGTH
AND AN ACT OF
GENEROSITY.**

Common obstacles to asking for and accepting help:



- I don't need it.
- I need to do this.
- I should do this.
- I don't want to bother anyone.
- It makes me look weak/lazy/incapable/selfish....
- It won't be done right.
- What else?

Get Over It



<i>What's not working for you?</i>	<i>What are your strengths?</i>	<i>What are your shoulds?</i>	<i>What is your identity?</i>	<i>What can I let go?</i>

Be Prepared



I want help with:

These people and resources might be able to help me:

Here are 3 ways I can ask for help: