

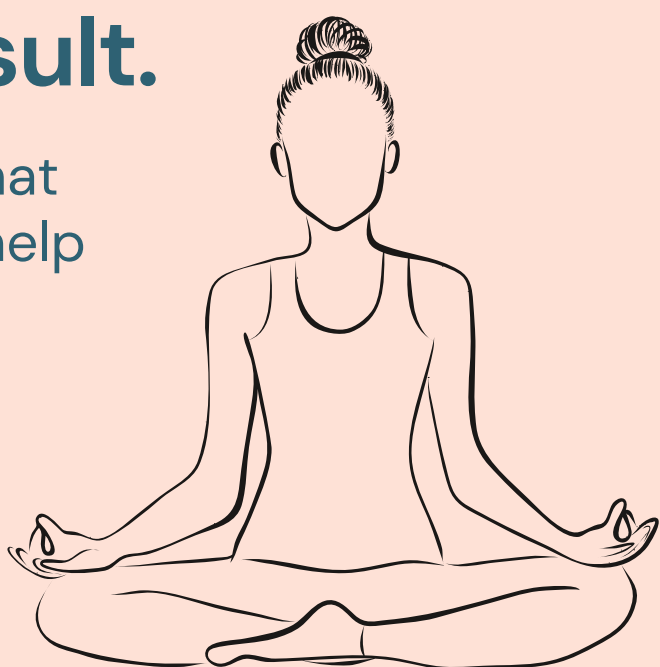
Top 7 Tips on Asking for Help

I have found that people often have a hard time asking for help. It's OK to give yourself permission to ask for help. It's also worth noting that if you ask for help, it allows others to be generous.

Be clear about your desired result.

If you're not clear about what you want, you can ask for help with that!

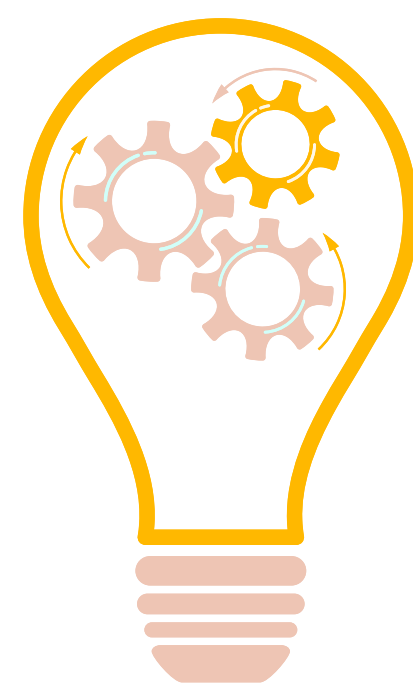
Pro Tip: Make sure you are asking about a desired result instead of a specific task.



Brainstorm!

Who would be most likely to help you achieve your desired result?

Be sure to consider individuals, businesses, and organizations!



Keep Trying!

It may take a few tries to find the help you want!

Social media is a great place to ask for help!

You never know how people may be able to help. Asking on social media allows you to ask several people at once!



Ask politely and kindly for the help you need (even if they say no).

Pro Tip: Asking someone if they are willing to do something is a completely different ask than asking them if they want to do something!



Return the Favor!

A good habit is to ask other people how you can support them. In my experience, most people will not have anything specific, but they will appreciate being asked!



Share your dreams!

When people know what your goals are, they may want to help. Many people love sharing their resources and expertise when someone is working on something they think is cool.

