

7 Ways to Start Receiving Support (Even If You're Used to Doing It All Yourself)

- 1. Get clear on what you want or need.**
People can't help if they don't know what you're hoping for.
- 2. Brainstorm who could help.**
Think beyond the people you already know well. Consider businesses, organizations, and your community.
- 3. Ask for willingness.**
“Would you be willing...?” feels different than “Can you...?”
- 4. Tell people what you're building.**
People can't support dreams they've never heard about.
- 5. Ask your community.**
You never know who might be able to help.
- 6. Support someone else.**
Sometimes asking, “How can I help?” means more than you realize.
- 7. Keep asking.**
The first “no” doesn't mean the right “yes” isn't still out there.

You don't have to do this alone.

There are people who would love to support you.



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