



## 12 Really Good Reasons To Ask For Help

From Jones Loflin

Helping With The Struggle Of Too Much To Do



If you're still hesitating to seek advice or guidance from others, here's a list to give you the motivation to start asking for help.

*Be brave enough  
to start a  
conversation that  
matters.*

*Ask for help, not  
because you're  
weak, but  
because you want  
to remain strong.  
-Les Brown*

- ◆ You allow others to experience the joy of giving. Research shows that when we give or receive a gift, our brain releases oxytocin, which helps in bonding with others.
- ◆ You show that you want to grow.
- ◆ You strengthen relationships.
- ◆ There might be a simple solution to your complicated problem.
- ◆ It gets you noticed.
- ◆ It gives you an option. You may not choose it, but at least you now have something to ponder.
- ◆ You give others the opportunity to share their ideas, insights, and accomplishments. Be honest-we all like talking about ourselves.
- ◆ You show that you aren't perfect and it makes you more relatable to those around you... who already know they are imperfect.
- ◆ You show the willingness to trust others.
- ◆ You shorten the time you take to figure something out. Don't you have better things to do with your time?
- ◆ It shows that you are taking ownership of your career, relationship, or problem.
- ◆ You move one step closer to achieving your goals-isn't that what you REALLY want?