What I have learned in my years of business ownership and coaching is asking for help is easier than we think. The reason it's hard is because we let our own thoughts about what people will think when we ask for help STOP us from actually asking.

More often than not, I solve this by putting myself in the shoes of the person I'm asking for help.

If you were the person being asked FOR help, what would you think of this person's request? Nine times out of ten the answer will probably be "I LOVE helping people, and I would LOVE to help you. Let's get going.". If you keep in mind that people WANT to help you asking for help gets WAY easier.

This chart is great to use when you feel yourself in what I think of as 'hero mode' - where you are the only one that can do any and everything, and as a result feelings of frustration, worry, and maybe even anger are building up.

You can also use this chart just to check in - often times we COULD be asking for help and it just hasn't occurred to us to actually ask.

In what ways am I deserving of help right now? How is it actually normal for me to ask for help?

What do I WANT/NEED help with? Why? (Be as specific as possible - the more specific you can be here, the easier it will be to ask for and GET the help you want/need).

On a scale of 1 - 10 where 10 is MOST important, how important is it that I get help with this want/need? Why

Who should I ask to help me? Why this person or these people? How might helping me also help them?

How do I want to ask for help? Will I call, stop by, send email, send a message? What do I want to say, and what would the help I need actually LOOK like?

What happens if I ask for help and the person says no? What do I want to think about them? What do I want to think about me? Who will I ask next or how will I change my request?

What does me ACCEPTING help really look like? How do I want to think and feel when I accept this help?