



12 Really Good Reasons To Ask For Help

From Jones Loflin

Innovative Yet Practical Solutions For Today's Leaders



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?