

Asking for One Small Change

Work out one change at work, school, or home that would make your days easier.

WHEN TO USE THIS

Use this before you ask someone for something that would help you get through the day.

What part of the day is hardest right now?

What one change would take the edge off?

A seat by the door, a later start, a quieter room.

Who can say yes to that? What will you say to them?

What might get in the way?

- ☐ I do not want to explain myself
- ☐ They might say no
- ☐ It could come up at review time
- ☐ I do not want the attention
- ☐ I am not sure who to ask
- ☐ It feels like too much to ask
- ☐ Nothing, I am ready

You can ask for something without saying why. 'This would help me do my job' is a full answer.

Asking is not the same as getting. It is still worth the ask.