

Who and What You Would Need

Work out what help a goal would take, before you decide you cannot do it.

WHEN TO USE THIS

Use this when something feels out of reach and you have been trying it alone.

What are you trying to do?

What would it take? Fill in what you can.

WHAT I NEED	WHO HAS IT	ASK BY WHEN

Which of these are you most reluctant to ask for, and why?

Write the first ask, word for word.

Needing help with something does not make it less yours.