

I NEED HELP!!!!

What am I behind on? What' am I avoiding?

1. _____
2. _____
3. _____
4. _____
5. _____

WHY?

Don't like to do? Not sure how?

Who Can I Ask?

How? Where?

(learn how to verbalize your ask as well as where?)

1. _____
2. _____
3. _____
4. _____
5. _____

What is ONE thing you have always WANTED to do (or know that you NEED to do) to grow personally and/or professionally?

What's stopping you? _____

Who do you know who has done this similar activity/action/task? _____

It's time to ASK for their opinion/help/ideas. OR HIRE ME!