



We all have things “to-do”. And, if you create a list, many times, things carry over to the next day, sometimes the next week, and yes, even the next month. WHY? What’s getting in the way of you completing those tasks? Use this list to help you figure it out, and, well, how you CAN GET SHIT DONE so you can cross it off – and make progress toward your goals!

I NEED HELP!!!!

WHY?

What am I behind on? What’ am I avoiding?

Don’t like to do? Not sure how?

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |

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 not easy to ask for help.
But, it’s time to ASK for help... so you CAN achieve MORE!

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