

— THE BE-SOCIAL METHOD —

ASK FOR HELP • SELF-ASSESSMENT

Building Blocks:

What are your joys?

What are you working on?

What do you need help with?

Who could help you?

Ask for Help Practices:

#1 – Set a goal and strategy for achieving it that includes leveraging your network.

- How often do you do this practice?
Circle answer: Always, Sometimes, Never
- What activities do you currently do that would give you the opportunity to work on this practice?

- How could you tie working on this practice to one of your joys?

#2 – Clearly articulate what you need help with.

- How often do you do this practice?
Circle answer: Always, Sometimes, Never
- What activities do you currently do that would give you the opportunity to work on this practice?

- How could you tie working on this practice to one of your joys?

#3 – Ask for help from someone you know and are current with.

- How often do you do this practice?
Circle answer: Always, Sometimes, Never
- What activities do you currently do that would give you the opportunity to work on this practice?

- How could you tie working on this practice to one of your joys?

#4 – Reach out to someone you know but are not current with to ask for help.

- How often do you do this practice?
Circle answer: Always, Sometimes, Never

- What activities do you currently do that would give you the opportunity to work on this practice?

- How could you tie working on this practice to one of your joys?

#5 - Ask someone you don't know for help.

- How often do you do this practice?
Circle answer: Always, Sometimes, Never
- What activities do you currently do that would give you the opportunity to work on this practice?

- How could you tie working on this practice to one of your joys?

HOW TO PUT THIS INTO ACTION

Review the five *Ask for Help Practices*. Decide which practice you will focus on. It can be one that you think is easier than the others or one that you want to push yourself to try.

Ask for Help Practices (pick one to focus on):

- ☐ Set a goal and strategy for achieving it that includes leveraging your network.
- ☐ Clearly articulate what you need help with.
- ☐ Ask someone you know and are caught up with for help.
- ☐ Reach out to someone you know but are not caught up with for help.
- ☐ Ask someone you don't know at all for help (such as an expert or someone you admire).