



# ASK FOR HELP

Imagine you're on a deadline for a big project and feeling overwhelmed. Or you're looking for a job but can't seem to get your foot in the door. Or you're dying for tickets to a sold-out concert, and all your leads have gone cold. What do these problems have in common? They can all be solved simply by reaching out to a colleague, friend, or wider network and making an ask. Studies show that asking for help makes us better and less frustrated at our jobs.

- Find someone and ask them to help you with something (project, workout, a tough video game level).
- Go out and find someone in your house that YOU can help.