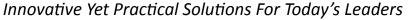


## 12 Really Good Reasons To Ask For Help

From Jones Loflin





If you're still hesitating to seek advice or guidance from others, here's a list to give you the motivation to start asking for help.

Be brave enough to start a conversation that matters.

Ask for help, not because you're weak, but because you want to remain strong. -Les Brown

- You allow others to experience the joy of giving. Research shows that when we give or receive a gift, our brain releases oxytocin, which helps in bonding with others.
- You show that you want to grow.
- You strengthen relationships.
- There might be a simple solution to your complicated problem.
- It gets you noticed.
- It gives you an option. You may not choose it, but at least you now have something to ponder.
- You give others the opportunity to share their ideas, insights, and accomplishments. Be honest-we all like talking about ourselves.
- You show that you aren't perfect and it makes you more relatable to those around you... who already know they are imperfect.
- You show the willingness to trust others.
- You shorten the time you take to figure something out. Don't you have better things to do with your time?
- It shows that you are taking ownership of your career, relationship, or problem.
- You move one step closer to achieving your goals-isn't that what you REALLY want?