





## #43 Ask for help

Supporting others can be of great benefit to both the helper and the receiver of the help. Balance in relationships is important - if you're someone who always gives and never takes, this can be as frustrating for others as someone who never gives and always takes. People are usually grateful to be asked for help, and enjoy feeling needed.

What could you ask for help with this week? What are the areas in life that you're less comfortable with, or struggle with? Once you've identified five different things, look at your friendship list from #35 or #37, and match a person to each of the areas. Pick one, and go for it.

1. \_\_\_\_\_ → 
2. \_\_\_\_\_ → 
3. \_\_\_\_\_ → 
4. \_\_\_\_\_ → 
5. \_\_\_\_\_ → 