
Help Me / Help You



Leadership Reflection Worksheet



Part 1: Reflect on Your Current Patterns

1. How comfortable are you asking for help - honestly? (Scale of 1-10)
2. What's your typical internal script when you think about asking for help?
 - ☐ I don't want to be a burden.
 - ☐ People are too busy.
 - ☐ I should be able to figure this out.
 - ☐ If I ask, I'll look weak.
 - ☐ I don't even know what I need.
 - ☐ Other: _____
3. Who do you usually turn to for help? Who do you avoid asking - and why?

Part 2: Identify One Area to Ask for Help

What's one challenge or opportunity you're facing right now that could be easier with the right support?

What kind of help would make the biggest difference?

- Advice or perspective
- A second set of eyes
- Emotional support or encouragement
- Technical or practical help
- Accountability
- Other: _____

Who could you ask - and what would it take to actually ask them?

Part 3: Offer Help in a New Way

Who in your orbit may need help but hasn't asked for it?

What's one small action you could take to offer support?

Examples:- "Want to talk it through?"

- "Can I take something off your list?"

- "I've got a resource - want it?"

"Write down your commitment: *This week, I will ask for help with:* _____

And I will offer help to: _____

Final Reflection

What might shift in your leadership if asking for and offering help became second nature, not second guessing?



Listen to CEO on the Go Episode #252

The Power Move Leaders Often Avoid: Asking for Help



If or when I can be of help, feel free to reach out.

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