

Asking for Help

by Maureen Tazzioli

A good objective of leadership is to help those who are doing poorly to do well and to help those who are doing well to do even better." - Jim Rohn.

Can you imagine for a moment, if we all took the time to actively participate in those great words of Jim Rohn. WOW! What a difference this world could be.

But sometimes it is not always easy to ask for help. In fact, I will admit that I used to struggle in that area of asking for help. See I used to carry the belief that to ask for help meant that I was somehow *weaker* than others, kind of like an individual flaw of some kind, and that in order to *toughen* myself up a little I had to go through all the pain and suffering of doing it on my own so that if success did result, I could in good conscience feel I deserved it. This thought process of mine was supported by a familiar saying, "no pain...no gain". Funny thing, even though I took those words out of context for their intentional words of encouragement, I focused in on the word 'pain', and added my own internal definition of what that pain meant.

Currently however, I am happy to report that I no longer think that way and I haven't for quite some time. In fact, I am a strong supporter of collaborative work efforts which include the thoughts, opinions and insights from other people. I have grown to accept the fact that I will never know everything in this world, and that it is not only okay, but completely understandable and acceptable. In fact, I learned that much of my so-called *growing pains* were a direct result of my inability to ask for help.

Now, I have discovered that not only is it a thrill to include other people in my work projects, but I have learned that when I surround myself and my business with those who can share their own expertise with me, then my learning curve is not nearly as steep as it would be if I did not have their help. I have learned that we all have unique talents, skills and abilities and learning to ask for help once in a while, from those we know, is not a sign of an individual flaw or weakness, but rather a smart and intelligent way of using the resources available to us, to help us improve a situation in a more effective manner, with far less personal anguish and stress.

Keeping this in mind it is important to note that not everyone is going to be able to help us out just because we asked them to. In fact, during the asking time it is important to remember that life happens to all of us, and sometimes those that we ask for help may already be doing too much as it is, or maybe they are the ones that need our help instead. So when choosing who to ask, and what to ask of them, try to be selective. Make sure that the area you need help with is in fact, in alignment with their expertise. But always be gracious regardless as to their answer. Remember if they say no, then ask them if they know of someone else that could help you out. However, if they say, yes...awesome...Let the learning and growing begin!

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