



Accepting Help: Is it A Weakness or Strength?

NAME:

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This worksheet is a supplement training guide to “Accepting Help: Is it A Weakness or Strength?” video published on September 12, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

We all need help every now and then. But many of us are unable to recognize when help is needed or reluctant to ask for the help that others can provide. If you’ve ever shied from asking or accepting help because of fear that you may seem weak, you aren’t alone. Today at Monday Mindset, I discuss the real meaning of accepting help. Is it a sign of weakness and failure or strength and maturity?

Are you able to ask for help? Can you admit to yourself that sometimes you need someone's help?

Asking for help is a sign of weakness. THIS IS A COMMON MISCONCEPTION. Asking for help is actually not a sign of weakness. It's a sign of a strong person who doesn't want to get weak.

There is a great quote by John Wooden that I'll share here:

"We're all imperfect and we all have needs. The weak usually do not ask for help, so they stay weak. If we recognize that we are imperfect, we will ask for help and we will pray for the guidance necessary to bring positive results to whatever we are doing." -- John Wooden

None of us can go it alone. We are missing out on so many opportunities due to our fear to ask others to lend a hand. We must identify what we can do alone and what we can do with limited and with full assistance. Then ask. It's that simple, ask. Find your right coach, your right mentor. Yes, it is a small step to take that will lead you to a bigger road.

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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