

Fear of asking for help.

This is truly a huge fear - asking for help allows for vulnerability and it involves opening yourself up for scorn, ridicule, criticism, or even mockery.

Yes, it's a pride thing, but it's also a defense mechanism.

It takes strength and courage to admit you need help because you're admitting weakness and fear; it takes strength to admit it and courage to dare say it.

And yet, this is the path to vibrancy. You're admitting you're not perfect, you're actively seeking excellence and you're willing to put in the work.

Willingness is everything and it allows for 7 things:

1. Big Picture Analysis - this is how you stop holding yourself back and in spite of the fear, you go forward anyway. (Take that, amygdala!) You understand that you can't have what you want until you see it, feel it, and do it - mistakes and all.

2. Facing it - like the post yesterday in the Hot Melt Sprint group. (One of our lovelies was incredibly brave and asked for encouragement on her journey.) It started with a thought, led to a post and she sought a community. This is brave, smart, and a sign of a growth mindset. (We spoke about this on Monday!)

3. Asking for help means being authentic - you figured out this was a weakness and that you don't have all the answers. This provides an opportunity to be solution-oriented.

4. Asking for help is resourceful. Think of all the collective wisdom and ideas in our group. Think about the friendships formed, the love and support, the CARE. It's real, genuine, and UNAVAILABLE unless you ask!

5. Asking for help makes you real, just like the Velveteen Rabbit. And guess what else? It creates admiration from others. You're seen as competent because you're doing the work of figuring it out.

6. You've got GRIT, not QUIT.

7. Asking for help encourages others to ask for help - it's the circle of life. Like Mufasa said in The Lion King - we are all connected.