



**TODAY I ASK FOR
HELP.**

DAY.20

If you can't ask for help without self-judgment, you cannot offer help without judging others.

We learned that we must have it all together, all the time. Our fear of appearing too needy, too lost or too vulnerable, keeps us away from asking for help. We may be afraid of overcoming the boundaries in a relationship with another person if we ask for help. But as human beings, we strive to feel useful to others.

Hundred of years ago, if you wanted help with sowing the land, you were asking it from your neighbour.

Our society was built on helping others. Nowadays, many areas that were traditionally based on human connections, are paid. We pay for psychological support, for cleaning our house, for learning skills, even for entertainment. But so many of those things could still be free.

When we ask for help and support, we widen the ripple effect of kindness. We offer the opportunity to others to offer their knowledge, talents, and skills, and we encourage them to ask for help as well.

By asking for help, we lighten the burden of walking alone in this life. Even if our request will be rejected, just the act of asking for help eliminates our ego and makes us feel human again. Realising our human dimension helps us to release some of the tension and to see our problem from a different perspective.

Sharing and asking, helps us to clearly see that we are not alone, that our problems are not so big, and that we will go through them, together.

DAY.20

Phrase of the day: 'Today I ask for help'

Please also write this phrase in your journal.

For 28 days we were your helping hand. We were there to give you the tools and wisdom. To remind you to breathe, to observe, to unlearn, and learn. Now we invite you to **find this support in your environment.**

Whatever our position or knowledge is, we all need to ask for help, for guidance and for wisdom. It doesn't mean that the other person knows better than us, but that we, are open to trust, and be open to receive help.

PRACTICE 1: Today we invite you to find 3 people who can help you on the continuation of this self development journey.

Write the things that you want to continue doing and find 3 people who can support you and push you to be your better self.

Write the following for all the things you gained from this program:

1. Out of these 28 days, I want to keep doing
2. (person's name) could help me keep doing (thing you want to continue doing) because he is (quality of his character that can help you achieve your goals).

PRACTICE 2: Ask for help! Be kind, and point out their valuable qualities, (or feeling that you have for each other)!

Breathe for few seconds before you speak to them and then ask for help.

Use the words: 'I would really appreciate your help on

Good luck!