

YOU ARE NEVER ALONE...

All you need to do is ask!

I can think of many times in my life when I felt the three H's – 'Hapless, Helpless and Hopeless'. Have you ever been there? You know, when you look around and everyone else seems to be doing better than you? I can now consciously look back at times when I have been in this pit and recall the problem. My problem was always that I would try to rely solely on myself to come up with all the answers - I made it seem all so overwhelming for myself that it was far easier for me to fall into this pit.

That was until I realised that I am not alone and I don't have to have all the answers!



This article is going to be short and to the point, because if I have learned one thing, it is that there are people in your life that would love to help you and would drop everything to do so. **All you have to do is ask!**

What is it that prevents us from asking for help? Is it pride? Is it not wanting to look silly? Is it that we want to be able to solve our own problems? Is it that we don't want to burden others? I know for me it was all of the above. Even now I sometimes still have trouble asking, but I always do because every time it helps me find solutions and feel better.

Are you worried that you will waste someone else's time with your problems? If so, answer this question; if a friend or family member of yours called you and asked for your help what would you do? If you are like me then you would say; "Absolutely anything, what can I do to help?" So, if this is the case then don't you think they would feel the same way about helping you?

The most successful people in the world always had and will always have the right people to help them.

The right people will look at your situation differently to you and give you a fresh perspective. The right people will let you know that you are right on track and encourage you to keep going. The right people will have skills and ideas that you don't have. The right people will partner with you as they may be having similar issues or have similar goals.

You are not alone, in fact you are never alone. Just hold out your hand and ask for help and the right person will be there to lift you out from your pit and back on the road to health, happiness and prosperity.