

# Day 2

## Asking for help

### What is this squiggly skill?

**Asking for help is a sign of strength, not weakness.**

It will help you to navigate knotty moments and make positive progress in your career.

### Go to Guru



**Amanda Palmer**  
Author of *The Art of Asking*

### Recommended Listen



**Squiggly Careers #110**  
How to ask for help

### Ideas for Action



**Share the kind of help you need**

*Do you need support, a sounding board, or solutions?*

Knowing what you need helps you understand who to go to. Knowing what type of help you find easiest to offer is a way to see how you can be most useful.



**Close the help loop**

When you let someone know the impact of their help, you reinforce the reason they gave you their time. Be specific about the benefit(s) of the help you received to contribute to a culture of people helping people.