



30
DAYS

ask for help challenge

Day 1

Ask for help with your budgeting

Day 2

Ask someone for help cleaning the house

Day 3

Ask some for help with your gardening

Day 4

Ask someone to lend an ear to listen as you vent

Day 5

Ask someone for help with a care giving responsibility

Day 6

Ask for a ride instead of driving

Day 7

Ask for advice about something on your mind

Day 8

Ask for help with an errand

Day 9

Ask for company when going to an appointment

Day 10

Ask for help with grocery shopping

Day 11

Ask for company on a walk /run

Day 12

Ask someone for encouragement

Day 13

Ask for pain relief when something hurts

Day 14

Ask for help when you feel overwhelmed

Day 15

Ask for someone to listen when your emotions run high

Day 16

Ask for a recommendation for something you can't decide on.

Day 17

Ask for help with the laundry

Day 18

Ask for someone to exercise with you

Day 19

Ask for help with your eating habits

Day 20

Ask for help with something that needs fixing

Day 21

Ask for help with something so you can rest

Day 22

Ask Someone to have coffee with you

Day 23

Ask for help with cleaning up after meal time

Day 24

Ask for help with something on your to do list

Day 25

Ask for help with a deadline you need to meet

Day 26

Ask for help at work with something you find hard

Day 27

Ask for help with caring for your car/bike

Day 28

Ask for someone to listen to you-offload

Day 29

Ask for help with cooking dinner

Day 30

Ask for help with planning meal ideas for the week