

GETTING SUPPORT



Some people seem to have a lot of support in life. Most people don't. You would think that it would be people in need who seek support and sometimes that is true. And yet some of the most successful people have the most support: having agents, managers, hired help and family. Do you have much support in your life? Then there becomes the question of whether or not the people who are "supposed" to be helping you really are? Can you count on your spouse, family and children to be there for you when you need them?



Do you ask for help when you need it or do you wait until things are headed toward or in a crisis?

Do you admit to yourself when you are incapable of dealing with the tasks at hand?

Do you know who would be best to ask for help based on the nature of the specific task? A family member, a friend, a coworker or perhaps a professional?

"What do we live for, if not to make life less difficult for each other?"

-George Eliot

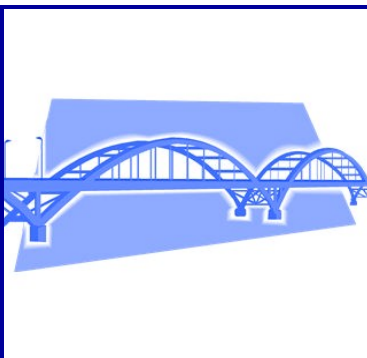
"I also believe that it's almost impossible for people to change alone. We need to join with others who will push us in our thinking and challenge us to do things we didn't believe ourselves capable of. "

-Frances Moore Lappe

Many problems can be prevented or averted if you request assistance while they are small before they get too bad.

A plan of action can give you direction, confidence and assurance that you are heading in the right direction and achieving your goals. It can help you choose the best path when you are faced with choices.

When you have someone to bounce ideas off of or to discuss things with your decisions can be much better and stronger.



Support Can Help You:

- *Become inspired*
- *Feel more alive*
- *Get motivated*
- *Try harder*
- *Remember your goals*
- *Revitalize your dreams*
- *Be hopeful*
- *Finish projects*
- *Feel inner peace*
- *Calm down*
- *Love yourself*
- *Inspire others*
- *Build healthier relationships*



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"We don't accomplish anything in this world alone ... and whatever happens is the result of the whole tapestry of one's life and all the weavings of individual threads from one to another that creates something. "

-- Sandra Day O'Connor