

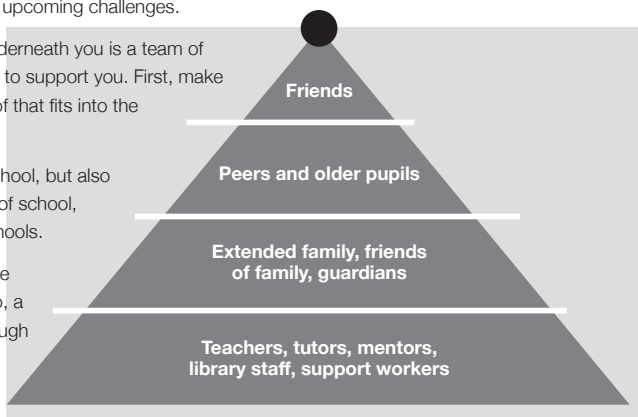
## 12. Attitude Activity: Network Audits

Sometimes it's easy to forget how many people want to help you succeed. Each of us has a significant network of support around us, but it's a natural tendency sometimes to think, 'If I ask for help it must mean I'm failing. I need to do this alone.'

But seeking help just makes everything easier. So don't believe the story that goes, 'One day I'll have to stand on my own two feet. I may as well start now.' As you grow up and face new challenges, there will *always* be people around you who can help; someone who's done it before and can give you some advice. Nowadays, that help is just a search engine away – you can contact experts in thousands of fields through social media. You could spend a very successful life continually asking for help!

But still the myth persists that we must do it alone. This activity should support you in auditing (that means listing and organising) every single person who could be on your team. And from there, you can decide who you need to help you with some upcoming challenges.

You're the dot at the top and underneath you is a team of people all waiting for the chance to support you. First, make a list of everyone you can think of that fits into the categories above.



- » Think of friends you have at school, but also those you might have outside of school, on social media or at other schools.
- » Who among your peers has the potential to help you out? Who, a few years older, has gone through this already? Who's an expert on the subjects you're struggling with? Which of your friends has an older brother or sister you could speak to?
- » Think about your parents, of course, but also aunts, uncles, cousins and family friends.
- » You attend a school where every paid member of staff has a genuine interest in helping you improve. Your first thoughts might be your own teachers, but what about other staff members – librarians, tutors and mentors? All of them will have something to offer.

### Friends:

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### Peers:

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# November Activities

**Family:**

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**Teachers, tutors and other professionals:**

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Now you've made your list, highlight or underline those people you've relied heavily on before. You've hassled them a lot – gone back to them to seek help and advice. Or are there none of these individuals whatsoever? Are you trying to do everything on your own? Are there any layers where you've consulted no one at all? Are there any untapped resources in your network?

Next, list three things you need to get done this month, and for each of the tasks, attach the name of one person who could help you to *get it done quicker*:

**Task one:**

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**Task two:**

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**Task three:**

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Finally, go and see them!

Note: This works the other way too. What if someone comes asking you for help? Pay it forward. Give the time. Build up an account of goodwill you can draw on when you need it.

**Final Thoughts**

Some very successful people become successful *precisely because* they asked for help from so many people. The entrepreneur and writer Tim Ferriss's most recent book is 2017's *Tribe of Mentors*. Ferriss finds himself at 40 years old, a successful author and investor, wanting help and support with so many queries and questions that he decides to ask for advice from a hundred people. He emails them all and asks them what they might do in his shoes.

The result is a book full of amazing and inspiring advice and guidance.

So don't lose the opportunity to ask for help!