

The First Ask

Gather · Chapter Seven. One person, one specific request.

A real request is specific, small and bounded. "I could really do with some support" is an announcement of need rather than a request, because the person receiving it still has to work out what you want. Plan the ask, including what you will do if they say no.

1 · SUPPORT MAPPING DEEP DIVE

Label each person K (knowledge), P (practical help), S (skills) or A (accountability). The fifth kind has no letter: witness, one person who simply knows you are trying. If you can only manage one, make it witness.

Inner circle (trust completely), and what they offer:

Middle circle (see regularly), and what they offer:

Professional support (coach, GP, mentor):

Gaps: which types of support am I missing?

2 · THE FIRST ASK CORE

The first ask is the hardest. Plan it so you don't chicken out. Make it easy to say yes.

Who I will ask, and exactly what for (specific, not vague):

When & how I will ask (date, and in person / phone / text):

What I'll say if they say no:

What I can offer in return:

3 · SUPPORT AGREEMENT

A simple agreement prevents misunderstandings and protects the relationship.

I am working on:

I'd like _____ to support me by:

If I am struggling, please:

Please do not: