

# 7 Reasons Why it is Good to Ask for Help

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)



- 1** Develops relationships with others
- 2** It is a sign you are a high performer
- 3** Improves your resilience
- 4** Develops a growth mindset
- 5** Improves your mental health
- 6** Others will value you more
- 7** Working with others is better than working alone