# Take the help.

Selected passages / Lessons 14 and 35 / pages 68 and 116

If someone offers to pick the kids up from school, bring you dinner, or sit with you over coffee, say yes. Let them show up. You can be capable and still need people.

You probably know what everyone else needs. But when someone asks what you need, do you even have an answer?

What do you need more of right now? What do you need less of?

What have you been hoping someone would notice or offer?

Who helps you feel less alone? What have they offered that you'd like to say yes to?




IN THE JOURNAL

Start with Before the First Bell for the practical checklists. Start with what you need now.

View the journal

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