



Before You Ask for Help Worksheet

*Help should make the work
lighter, not create an endless
second layer of work*

G A E L I X

Before You Ask for Help

Choose one thing in your business you are trying to get help with right now. You do not need to solve the whole business today.

Name One Thing

I need help with

Choose the Kind of Help

I am: ☐ Buying someone's brain ☐ Hiring for implementation

BUYING SOMEONE'S BRAIN

1. **The real problem:** What is not working, beyond the symptom?
2. **The outcome:** What needs to be true when this work is complete?
3. **The constraints:** What context, budget, timeline, values, boundaries, or existing systems matter?
4. **The success signal:** How will you know their work helped?

HIRING FOR IMPLEMENTATION

1. **The task or process:** What exactly needs to happen?
2. **The context:** What does the person need to know before they begin?
3. **The finish line:** What does "done" look like?
4. **The check-in:** When and how will you review the work or answer questions?

Make One Next Move Today

- ☐ **Send** the clarified brief ☐ **Define** the finish line with the person helping me
- ☐ **Book** the expert conversation ☐ **Pause** the hire until I know what I'm asking for

Stuck? The question you can't answer is probably the next thing you need to solve 🙌

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NOTES