What is a SMART ask for help?

SMART

Specific
Ask for something you need, large or small, not a general request

Meaningful
Think about who you are asking, and have the help request be something meaningful to them to give them the most pleasure from doing it for you

Achievable
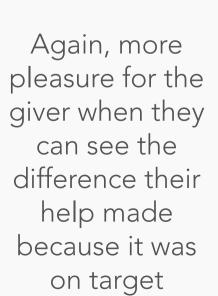Make sure you ask someone for something they can easily do. We all have our superpowers, leverage your friends' and families'

Relevant
Again, more pleasure for the giver when they can see the difference their help made because it was on target

Timely
Let them know when you need it done, so they can easily succeed, or pass if they can't help when you need it