**TIME TO ASK FOR SUPPORT? CHECKLIST**

1) You’re feeling more isolated or lonely.

2) When doing hard things, you get stuck on something simple or a surprise stress that pops up.

3) You could use a second opinion on something important.

4) You feel a pause in momentum or self-doubt rising.

5) You could benefit from feedback to see if you’re on the right track.

6) Others are offering support or asking how it’s going a lot.

7) You’re trying new skills and think of others who have more experience with this skill.

8) You’re feeling more pressure an losing flow or joy with the work.

9) You find yourself in a procrastination cycle.

10) The doom and gloom thoughts or self-critical predictions are winning.

Add your warning signs and yellow alerts below:

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