

The Art of Asking; or, How I Learned to Stop Worrying and Let People Help

by Amanda Palmer

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

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01

Name one need
Write one thing you need without apologizing for needing it.

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02

Draft a clean ask
Use: 'Would you be willing to ____ by ____?'

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03

Ask one person directly
Send a specific request to someone with relevant context.

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04

Add the no clause
Include a line that makes refusal genuinely safe.

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05

Offer context
Explain why the request matters in one honest sentence.

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06

Receive without shrinking
When someone helps, say thank you without arguing them out of it.

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07

Make a mutuality list
Write what you can offer without making it transactional.

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