

## Ask Tool Kit Work Sheet

*Be as specific as possible. It is often better to have a number of small asks that contribute to a big ask rather than sticking with one large ask.*

**What is it  
that you want  
or need?**

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**Describe it in  
detail, including  
where, when how and  
with who you need or  
want it.**

**where**

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**when**

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**how**

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**who**

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**How will you  
know when you have  
it? What will it look,  
smell, feel and  
taste like?**

**look**

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**smell**

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**feel**

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**taste**

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**What are the benefits?**

**What will you get out of it?**

*List as many things as possible.*

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**How will you benefit and how will that make you feel?**

*By listing as many feelings as possible you will be emotionally connecting to the ask.*

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**What will others get out of it?**

*List as many benefits as possible.*

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**How will that make them feel?**

*By listing as many feelings as possible you will be emotionally connecting to the ask.*

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**How will that make you feel?**

*By listing as many feelings as possible you will be emotionally connecting to the ask.*

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Is it still what you want or need?

Yes

Confirm it is what you want using a clear and positive statement that includes the benefits

I want/need

because

and

it will

Unsure

What else could give you what you want?

Once you have thought of something, go back to the beginning and go through the process.

No

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