

The Power of Asking for What YOU Want

By Debra Kasowski

"If you follow your bliss, doors will open for you that wouldn't have opened for anyone else." - Joseph Campbell.

Many people become paralyzed at the thought of asking for something that they want. They fear the answer may be no! If you do not ask for what you want, the answer will always be no! The power of asking the right question helps us gain knowledge, clarify information, and get what we want.

Here are some simple steps that should be followed to getting what you want.

Know that You Can Ask for What You Want. You have the ability and the opportunity to ask for anything. You may have to ask more than once to get what you are asking for but never give up! There may be times that you get redirected and have to ask another person to help you get what you want. You may even have to rephrase your question. Persistence is the key!

Discover Why You Are Afraid to Ask. There are times when we must dig deep within ourselves to uncover our fears and learn to let them go. What is holding you back from asking for something that you want? Are you afraid to get what you want? Is it the fear of rejection? What is your payoff for not asking for what you want? What is the worse thing that can happen if they say no? If they did say no, remember the answer was no before you asked so you have not lost anything. Ask anyway!

Know What You Want. Clarity is the key. You must have a clear idea of what you are asking for and why. What does your end result look like? You are the one in control when you ask the question you wish to ask. How will the person you are asking benefit from your "ask"? Think about it. If you created an "ask" based on a win-win relationship, why would the answer be no?

Believe, it is possible and you deserve it. If you do not ask with confidence and conviction, the person you are asking may wonder how important a "yes" would be to your question. How bad do you want it? You may want to role-play with a colleague or practice in the mirror before you ask. You are meant to be, do, and have great things in your life. You need to BELIEVE IT!

Do your research. Before asking for what you want, think about the benefits and the consequences both for you and the person or group you are asking. Do they have the same values or mission as you? When your mission and values align, it is good business.

Focus on others. Ask for what you want by focusing on what you can do for the other person.

Visualize the "YES". Take time to visualize yourself asking for what you want and how it would feel when the answer is yes. Think of how empowered you will feel.

Make a Habit of Asking. Make a list of all the things you would like to ask for. Get in the habit of asking by asking for at least one thing on your list everyday for the next 21 days. It is said that it takes 21 days to change or develop a habit. Write down one "Ask" in your day planner everyday.

No matter what you ask for the answer will be either a yes or a no. Graciously accept the no. Find out why the answer was no. You may just have to ask another question to clarify information or ask a different person. There is always more than one route to getting what you want. Empower yourself and be grateful for a yes. Asking for what you want gets easier every time you ask. Just do it! ASK! and ASK AGAIN!

Debra Kasowski is the Founder/CEO of The Millionaire Woman. She is a motivational speaker, personal and professional life consultant. Sign Up for her free special edition newsletter and receive monthly newsletter at <http://www.millionairewomansecrets.com>.