

# What is Get Help Get Active?

We are looking for people who can say this about themselves:

I am struggling financially. In my own opinion, part of the problem is that I have a habit of low self-exertion. I tend to give up too easily when it comes to either working, or looking for work or studying to improve my job skills. I want to change but it seems really difficult.

Of course, there are many physical and mental illnesses which can drain away a person's energy to work or study. But separately, there is also another sense in which exertion is an inner, personal choice. Get Help Get Active offers friendship, encouragement and a free Accountability Partner service to people who believe that their own inner, personal choice to self-exert is un-healthfully low.

In addition, we also offer cash payments for those who are willing to participate in a one hour Belief Assessment Interview. (Note: The interview must be completed in person with the interviewer present in order to receive the payment.) The Belief Assessment Interview is a way for a person to learn about his own beliefs about work, and the worthwhileness of looking for work, and the worthwhileness of studying to improve his job skills. For more details see: [www.GetHelpGetActive.org/Self-Discovery](http://www.GetHelpGetActive.org/Self-Discovery)