

Facing Fears

Fear can prevent us from moving forward and realizing our full potential. It can help to gradually approach each fear step by step. This can be likened to climbing a ladder, rung by rung.

Identify a fear that you want to overcome. For each rung on the ladder, write down a small step that you can take to get in front of this fear. Start small and gradually increase the difficulty of each step until you get to the final, most difficult step. Do this for any fears that you have identified as holding you back. Remember to reward yourself when you complete each step.

My Fear:

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