

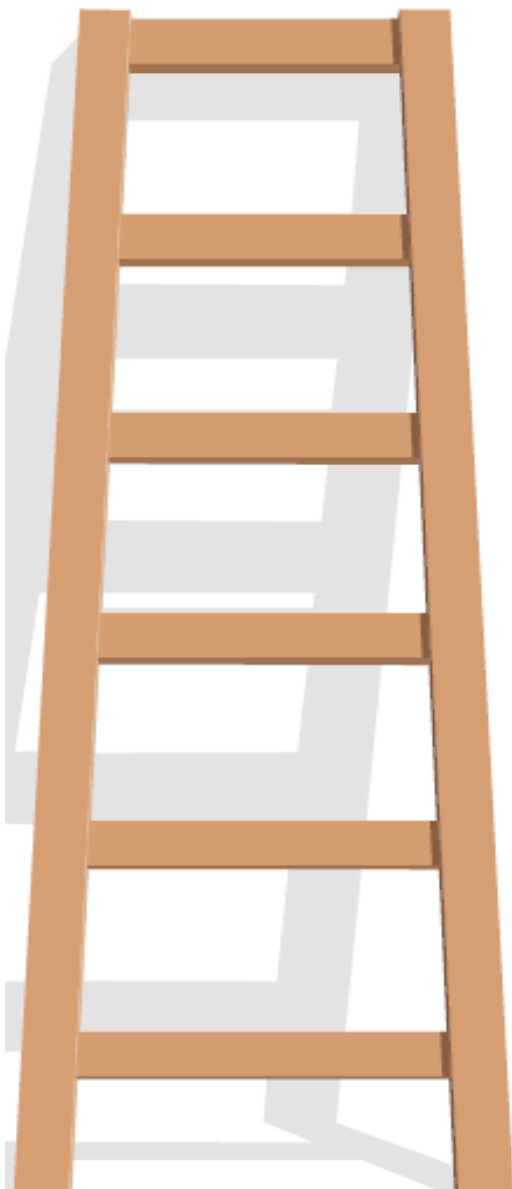


# Growing Together

## Facing Your Fears/ Reaching Your Goals

To overcome our fears or to reach our goals, it can help to build up confidence gradually. You can think of this as being like climbing a ladder.

First write down your goal/ the fear that you are facing. Then for each step on the ladder, write down one thing you can do to work towards this. Remember to reward yourself for each step you take!



Step 10	
Step 9	
Step 8	
Step 7	
Step 6	
Step 5	
Step 4	
Step 3	
Step 2	
Step 1	