



Some fears feel too big to face all at once. A ladder breaks them into smaller steps — each one a little bigger than the last. You don't skip steps. You climb at your own pace.

THE FEAR I'M WORKING ON

MY LADDER (START AT THE BOTTOM!)

10	<i>Hardest — the goal!</i>	<input type="radio"/>
9		<input type="radio"/>
8		<input type="radio"/>
7		<input type="radio"/>
6		<input type="radio"/>
5		<input type="radio"/>
4		<input type="radio"/>
3		<input type="radio"/>
2		<input type="radio"/>
1	<i>Easiest — start here</i>	<input type="radio"/>