

Growing Together

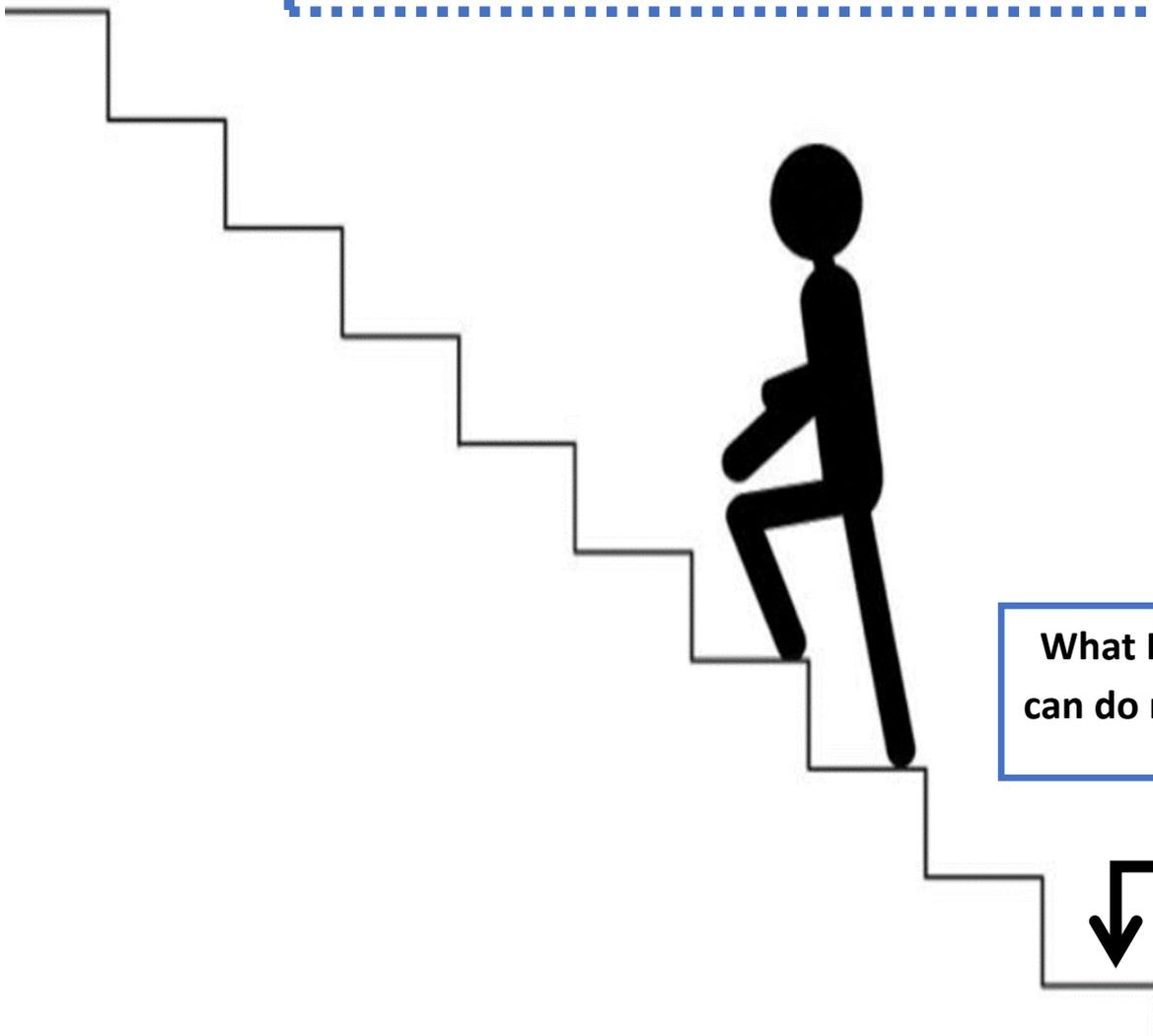


Facing Your Fears/ Reaching Your Goals

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

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

My goal



What I feel I
can do now

