Small steps ladder

Sometimes tasks or challenges seem too big. When this happens, we need to break them down into smaller steps. This will make each step more manageable and will help you do the things that are important to you.

Write what you want to do and the smaller steps that will take you towards your goal.

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| My Goal: What do I want to be able to do? |
| Break your goal into smaller steps and write or draw them here: |
| Arrange your steps in order of difficulty.Put the hardest at the top **(1)** and the easiest at the bottom **(5)**This is your exposure ladder:1.2.3.4.5. |

**Start with the easiest step. Once you have been successful, move onto the next.**