

My Goal Ladder

YOU DID IT! ★

Awesome!

You kept going and your effort helped you achieve your goal.



Look how far up the ladder you've come! If Step 3 is comfortable, go for your goal!

Step 4

Now try something that is challenging. Just have a go.

Step 3

Now try a small challenge but choose something that feels OK to try.

Step 2

Start with something that feels very comfortable.

Step 1

START HERE
What is your goal?