

MARIO ARMSTRONG

**NEVER SETTLE**

## Fear Ladder Example from the show

[neversettle.tv](https://www.neversettle.tv)

[youtube.com/c/NeverSettleNetwork](https://www.youtube.com/c/NeverSettleNetwork)

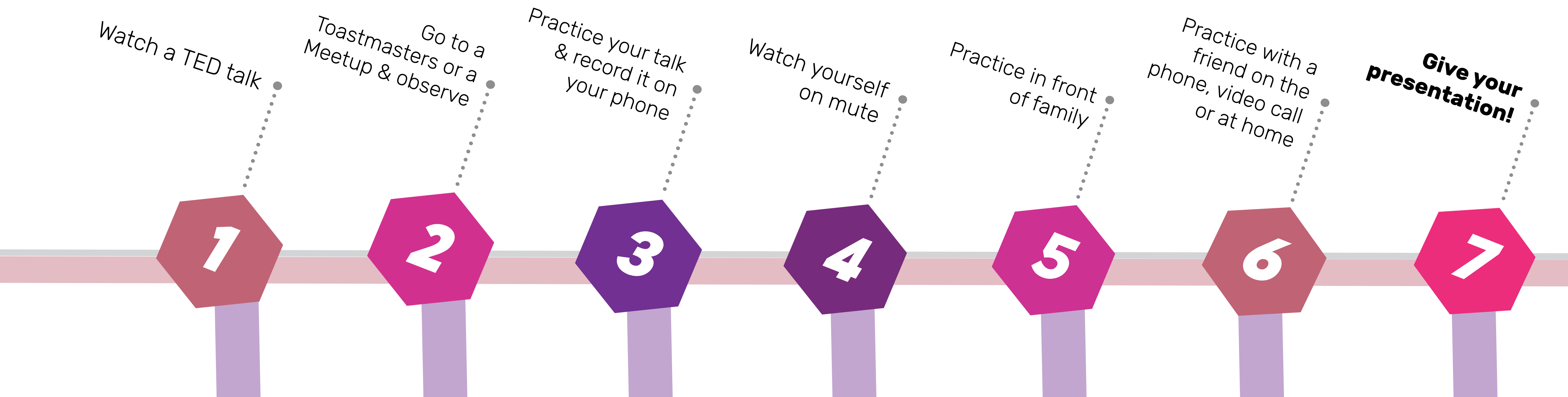
Below is an example of a fear ladder for someone who struggles with public speaking and feels nervousness about giving a presentation.

At the top of the ladder, they find success by getting to a point where they can give the presentation.

The idea is to break down your anxious thoughts and remove the story of it overwhelming you. You do this by creating a path to success in very small steps that each have little risk.

By focusing on one small action you can do at a time, you build momentum towards your bigger goal.

There is no specific or secret number of steps for your fear ladder. Everyone's fear is different! The one thing you must do is make sure you are breaking the steps down to very, very small morsels. Typically your first thought is not broken down small enough!



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## Fill Out Your Own Fear Ladder

