



# The Exposure Ladder

Nobody jumps from silent to keynote. Build your five rungs, each one barely scarier than the last.

## THE RULE

### Fear shrinks one rung at a time

Affirmations don't kill fear. Reps at the right height do.

This week's rung (low stakes, real heart rate) \_\_\_\_\_

Next week's rung (slightly scarier) \_\_\_\_\_

The real one, with a date \_\_\_\_\_

### Rung 1 is scheduled, not someday

A rung without a day is a wish.

☐

### Each rung is only slightly scarier than the last

Big jumps break streaks. Small climbs build them.

☐

## Courage is a ladder, not a leap.

Five rungs. One per week.

By rung 5 it is just rung 2 with more chairs.

[unlvfma.com/exposure-ladder](https://unlvfma.com/exposure-ladder)

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