Facing Fears

What did I do?

_____

_____

_____

Fear Rating:

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

No Fear **Some Fear** **Lots of Fear**

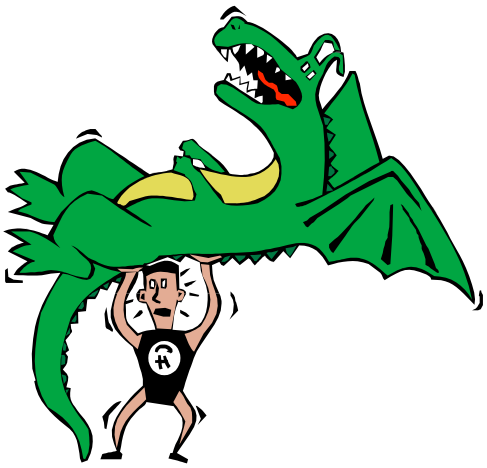
Rating Before: _____ **Rating After: _____**

What did I learn?

_____

_____

_____

What's my reward for facing my fear?

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