

The Thought Ladder Worksheet

A step-by-step method for upgrading your beliefs

It can sometimes feel like a huge step to change from thinking an unhelpful thought to a more empowering one. A thought ladder helps us shift our thinking in small, meaningful increments.

To get started, ask yourself these two questions:

- **What is the current thought I'm having?**
- **What is the thought I'd like to have instead?**

The answer to the second question is your **goal thought**. This is something that you don't believe yet, but would like to.

- 1 Write your **goal thought** at the top rung
- 2 Write your **current thought** on the bottom rung
- 3 Next, come up with intermediate thoughts to work your way up to the goal thought
See example thought ladders on the next page
- 4 When your thought ladder is filled in, focus on **ways to believe the thought** in the rung directly above your current thought
- 5 Once you feel confident that you believe this thought (it is now your new current thought), move up the ladder to the next rung thought

Repeat steps 4–5 until you arrive at your goal thought

Be patient with yourself — it takes time and practice to change your thinking, but it can be done!

Keep the momentum going!

If you got value from this, I think you'll enjoy [Hold That Thought](#) — my free newsletter that helps you turn overthinking into expert thinking. Get three insights each week, carefully selected for overthinking creatives like you (and me)

Kim Witten
COACHING

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Goal thought:

Next rung thought:

Next rung thought:

Next rung thought:

Current thought:

This worksheet gives you three rungs between your current and goal thoughts, but you may find you need more (or fewer), and that's ok!

Hold That Thought

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Yes, I want in on this!

Check it out, enjoy the free resources, take what's useful, and feel free to unsubscribe anytime.

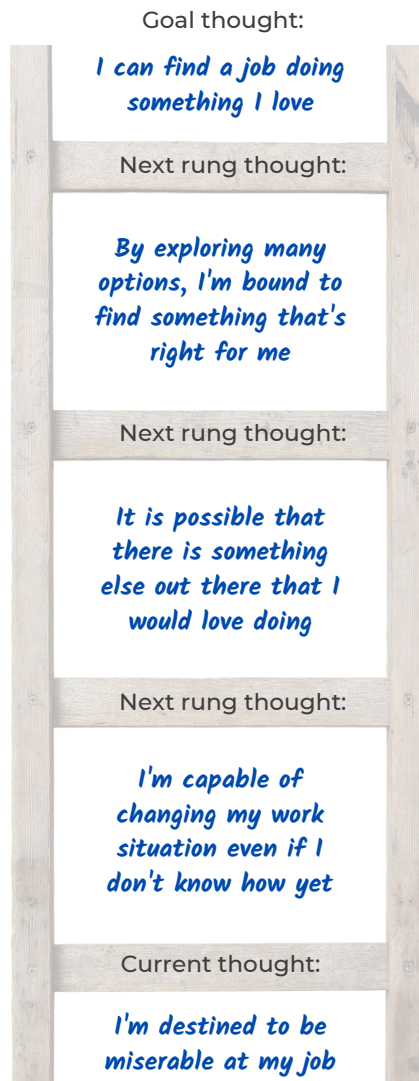
Example Thought Ladders

to inspire your thinking

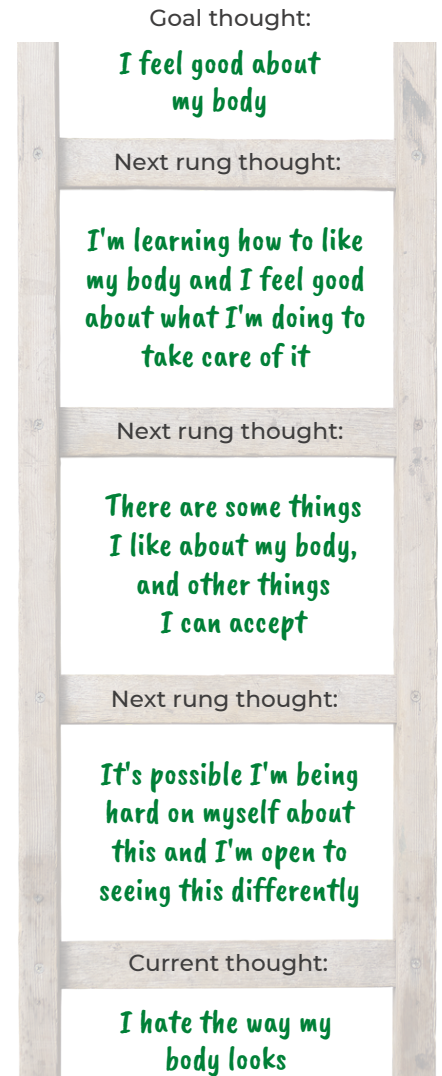
Example 1: Money



Example 2: Career



Example 3: Self-Image



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