# 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
- 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!

#### **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!

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# **Example Thought Ladders**

to inspire your thinking

#### **Example 1: Money**

Goal thought: I am good at managing my money Next rung thought: As I practice regularly, I am getting better at managing my money Next rung thought: As I learn more about money management, it becomes easier practice this skill Next rung thought: I don't yet know how to manage money, but I could learn Current thought: I am bad with money

#### **Example 2: Career**

Goal thought:

I can find a job doing something I love

Next rung thought:

By exploring many options, I'm bound to find something that's right for me

Next rung thought:

It is possible that there is something else out there that I would love doing

Next rung thought:

I'm capable of changing my work situation even if I don't know how yet

Current thought:

I'm destined to be miserable at my job

# **Example 3: Self-Image**

Goal thought:

I feel good about my body

Next rung thought:

I'm learning how to like my body and I feel good about what I'm doing to take care of it

Next rung thought:

There are some things
I like about my body,
and other things
I can accept

Next rung thought:

It's possible I'm being hard on myself about this and I'm open to seeing this differently

Current thought:

I hate the way my body looks

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