

The Thought Ladder

Sometimes it can be a huge step up for our minds to change from thinking a negative thought to a positive one.

A thought ladder helps us shift our thinking in small, meaningful increments. Ask yourself these two questions to help you understand the thinking you want to change:

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.

When your thought ladder is built, focus on ways to believe the thought in the next rung above your current thought.

Once you feel confident on this new rung, move up to the next thought, and repeat the process until you arrive at your goal thought.

See example thought ladders on the next page. Be patient with yourself — it takes time and practice to change your thinking, but it can be done!



Example 1: Money



Example 2: Career



Example 3: Self-Image



Goal thought:

Next rung thought:

Next rung thought:

Next rung thought:

Next rung thought:

Current thought: