



THOUGHT LADDER

Day 7

Thought ladder example

Bottom rung (the thought you're currently thinking and believing)

I can't balance legal work and admin tasks easily. I 100% believe this statement.

Second rung (the thought that feels better and closer to your ideal thought AND you can believe it)

It's possible that I can become the kind of person that balances legal work and admin task easily. I can believe it at least 65%

Third rung

I'm becoming the kind of person that balances legal work and admin tasks easily. I believe it 25%

Fourth rung

I can balance legal work and admin tasks easily. I believe it 15%

Top rung (the thought you want to believe 100% but even the idea of that seems impossible)

Balancing legal work and admin tasks is easy. I believe it 0%

Create your own Thought ladder

Pick a thought from your Day 6 thought download that you would like to change. Or think of a situation you want to change your thought about.

- What thought do you currently believe 100%?
- What thought do you want to believe?
- What thought feels better than your current thought?
- How much do you believe that thought to be true?

You don't have to create every rung on your ladder. You just need to know the bottom, the top and second rung.

It's important to play with the wording of rung two until it's a thought you can believe at least 60%.

Want help with this? Book a free fifteen minute session and I will guide you through creating your thought ladder and create three anchoring tools for you.





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Step 4 | Top Rung

This is the thought you want to believe 100% but right now even the idea of that seems impossible so your belief is at 0-10%.



Step 3 | Second rung

This is the thought that feels better and closer to your ideal thought AND you can believe it at least somewhat preferably over 65%. (Step 5)



Step 2 | Bottom Rung

This is the thought you're currently thinking and believing 100% about your situation.



Step 1 | My Situation

What's going on for you right now.



Top Rung

Second Rung

Bottom Rung

Thoughts about my situation

