



CLARITY

Day 7

Learn

Fire horse rewards clarity not chaos. Reduce overwhelm. Easier said than done I know. Building on from the breath work, thought downloads and affirmations, today we are learning the power of thought ladders and models.

A thought ladder is a way of understanding the gap between what you are currently thinking (your bottom rung) and what you want to be thinking (your top rung).

We create a new believable thought for the next rung on your ladder. A thought you can practise and start to generate evidence for and then utilise the power of confirmation bias. Once that thought replaces your bottom rung, we create another rung on your ladder, and so on.

Constructing a STEAR model for your new thought helps you anchor it and speeds up the process.

Learn continued

See the next page for an example of a thought ladder and a STEAR model or book a free fifteen minute session and I'll guide you through the process.

Do

Reduce your overwhelm by:

- Creating a thought ladder.
- Constructing a model to help anchor in your new thought and move one rung up your ladder.

Share

Share with me via email which action you took.

Daily prizes

Complete the share task to go into the draw for a chance to win \$150 off your next coaching session and a clarity pack including a Fire Horse journal and clarity essential oil.

Outcomes

Consistent mindset work like creating thought ladders, practising new thoughts, and constructing STEAR models reduces overwhelm.

