

Sometimes our thoughts hang us out to dry, leaving us hopeless and confused about what's next.

The thing we should be looking at is that it's our THOUGHTS doing that, not our circumstances -

I repeat - it's our thoughts, not our circumstances.

And more precisely - it's our thoughts ABOUT those circumstances.

This is an important differentiator in how we understand our THOUGHTS.

Thoughts can be trained to be more helpful, more empowering, and more in service to your needs instead of confounding you.

By using a thought ladder, you can start making sense of your thoughts AND start choosing which thoughts to keep, which to dump, and how to never be duped by an untrue or unhelpful thought again.

BTW, thought ladders are Kara Loewentheil's genius, not mine! 😊

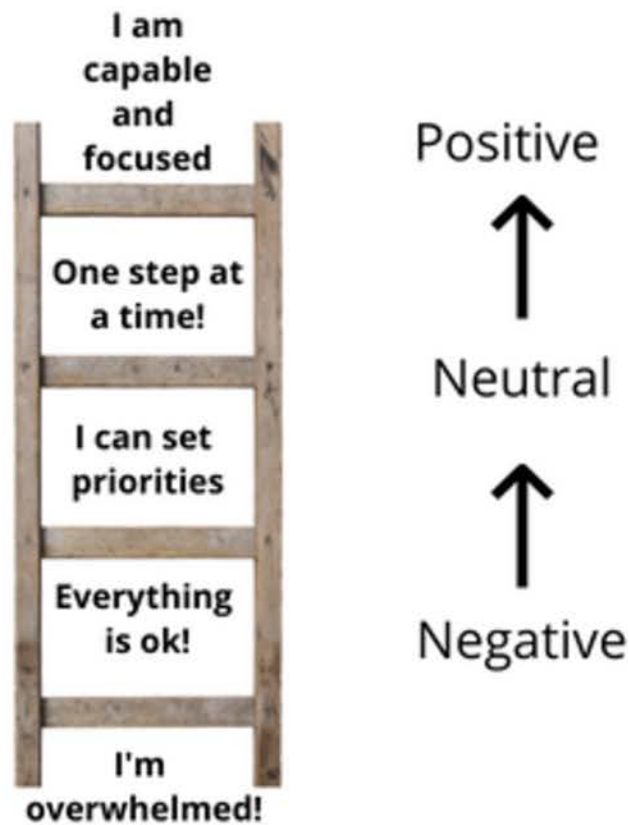
Here's the process:

1. Figure out what you're thinking about yourself. Now, pick ONE thought that goes at the bottom of the ladder.
 - a. For example, I am a disorganized, hot-mess slob and look awful.
2. Brainstorm what you wish you could believe about yourself - this goes at the top of the ladder.
 - a. For example, I am organized, pulled together, and look great.
3. Brainstorm 3 thoughts you could think right now. These thoughts should be more neutral or positive than the thought at the bottom of the ladder, but not quite your ultimate goal.
 - a. For example, I am able to make my bed each day, and I always look my best after a hair appointment.

These thoughts are better than the original, but not quite where you want to be.

These thoughts go in the middle of the ladder.

The thought ladder helps you go from the bottom to the top without losing a step.



Give it a try!

Your thoughts can serve you - if you learn how to manage them, that is, and the thought ladder is an excellent resource!