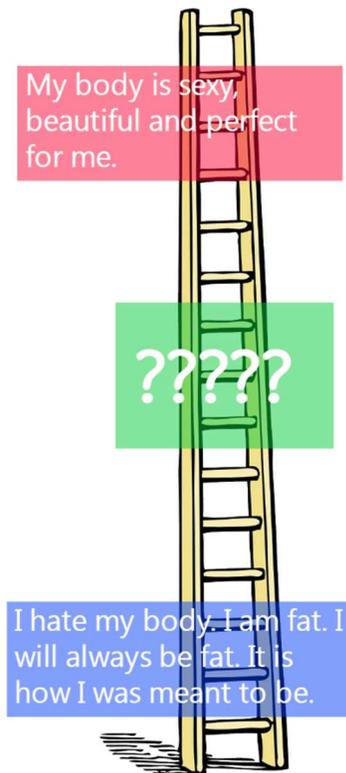


## The Thought Ladder



If you want to make better choices towards your goals, work on your thoughts first. Actions will follow with ease once the thoughts are in place. One of the reasons affirmations feel corny and disingenuous is because it is too far of a jump up the ladder.

If you truly are in a state of hating your body or in despair about your finances when you try on a new thought that is too extreme of a jump your ego-mind instantly recognizes it as out of alignment with your current beliefs. By saying the new affirmation, if you believe it is false, will have the opposite effect of what you intend. It is immediately canceled out by your brain as a lie.

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You know it feels false to you, so the affirmation doesn't work. It is a rejected thought the instant you think it.

Instead, try on a thought that is just a rung or two up the thought ladder you desire to achieve. Instead of going from 'I am fat and always will be' to 'My body is sexy and perfect,' pick a thought somewhere in the middle that feels like a tiny stretch, but believable. Here are some examples to try on for fit:

I have a body.

I am blessed by having a body.

I have a body I care about.

My body allows me to experience life.

I care about how I treat my body.

I make choices to show love to my body.

I am strong and healthy in my body.

I enjoy connecting to the power of my body.

I enjoy treating my body with love.

Can you hear the incremental differences in those thoughts? Can you find one that resonates with you? If so, then you don't have to stay on the bottom of the ladder.

You want to move up the ladder towards increasingly positive thoughts to bring into your life that which you desire, but moving at a pace that is authentic and speaks truth for YOU.

If you can select one of the suggested thoughts in the list you have moved yourself up the ladder, away from the most negative thought towards a slightly more positive thought. Let that new thought sit with you a while. Then in a week or two see if you can construct another thought a bit further up on the thought ladder. Try that on for a while. As you move your thoughts upward your actions will follow in sync. *If you want to make better choices towards your goals, work on your thoughts first.* Actions will follow with ease once the thoughts are in place.

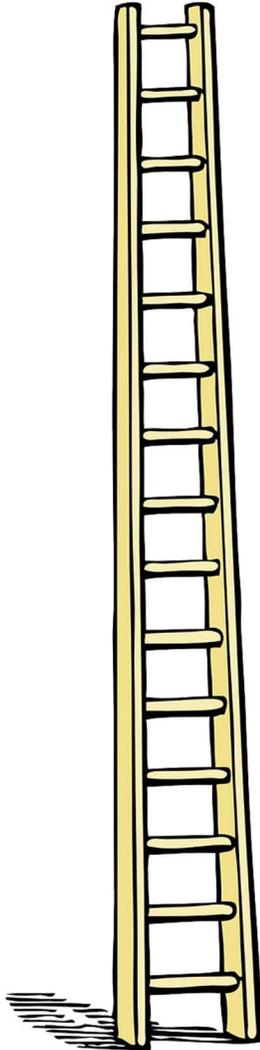
*Thoughts produce feelings and feelings lead to action.*

You can do this exercise in any area of your life from finances, to relationships to health or your spirituality. Move up the ladder in jumps that resonate to you. *It is the direction you are heading that is important, not the speed.* If you try to go too fast your inner truth rejects it and you move nowhere fast.

Use the blank ladder below to fill in to the right of the ladder what your thoughts are now, what your ideal thought would be, and your thought steps in-between. Make a plan for choosing your appropriate thought repeatedly each day and move yourself forward when it feels right.

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I would love to hear how this worked for you! You can find me at:

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