

# Momentum Ladder Worksheet

## Build Gentle Progress—Step by Step

When your energy, focus, or confidence drops, a momentum ladder helps you keep going (or gently restart). The idea is simple: you list small, increasingly effortful actions that move you in the direction of your goal—without pressure to climb the whole ladder.

You can use this worksheet for anything: writing, cleaning, studying, communicating, emotional tasks—whatever you find hard to keep going with.

### **Step 1: Choose a Task You Often Struggle to Sustain**

Write the name of the task at the top.

Example: Responding to emails, working on a project, cleaning a room, journaling after therapy, following through on a to-do list

Your Task: \_\_\_\_\_

### **Step 2: Build Your Ladder**

Start with the lowest-effort step you can imagine—even one that takes under 10 seconds. Then slowly increase the level of engagement or complexity as you go down the rungs.

Tip: You don't need to complete every step. The ladder gives you flexible, permission-based options.

Rung

Gentle Progression Step

[1]

\_\_\_\_\_

2

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3

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4

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5

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6

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7

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### Step 3: Add Support Anchors (Optional but Encouraged)

Anchors help you stay regulated and engaged. Add one or two per ladder.

- Dopamine Anchor (make it feel good):

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*(e.g., music, treat, cozy hoodie, favorite mug)*

- Sensory Anchor (help your body feel safe):

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*(e.g., weighted item, stim toy, soft light, movement)*

- Compassion Reminder (if you “fall off” the ladder):

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*“It’s okay to pause. I can start again from any rung.”*

*(Write your own or use this one.)*

## **Step 4: Reuse or Redesign**

You can reuse this ladder anytime this task comes up—or redesign a new one based on your mood or context.

Want extra support? Create theme ladders for:

- Writing
- Cleaning
- Emotional regulation
- Work/school focus
- Communicating or social tasks

## **Final Note**

Climbing one rung is still progress.

Your ladder is here to support, not pressure you.

Every small action is a vote for your momentum—and your self-trust.