

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

3

4

5

6

7

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):

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

- Sensory Anchor (help your body feel safe):

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

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

“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.