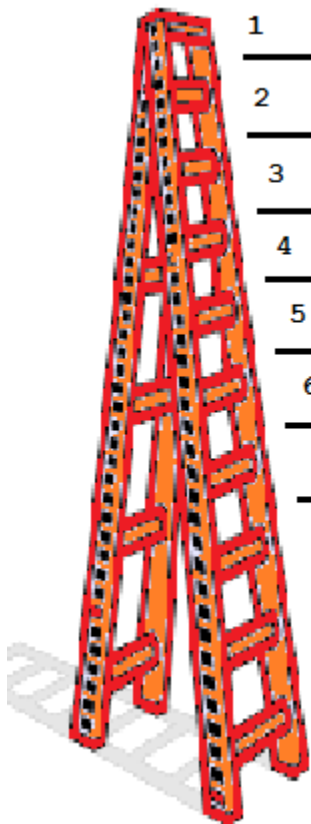


Task Completion Ladder

A task completion ladder is a tool to assist you to complete tasks that you have been avoiding, find overwhelming or simply cant motivate yourself to complete.

Creating a task completion ladder

1. Choose a task that is avoided because it feels too difficult. This is the task you will be working up to. Write it down as a number 1.
2. Determine the steps that are required to attempt this task.
3. Write the first step that are required to be completed down the bottom of the ladders as a 10. Write the additional steps that must be progressively and sequentially completed, working up to the final problem or task that must be completed (number 1).
4. We recommend it be completed with the assistance of psychological support to ensure the process is safe and beneficial for you.



1 (hardest task)

2

3

4

5

6

7

8

9

10 (easiest task)
