

Well Formed Outcome

1. What do you want? (state it in the positive, not in the negative- as in I don't want...)

2. What is the intention behind wanting the outcome?

3. When and where do you want the outcome?

If there are other people involved with respect to the outcome who would they be?

4. Is the outcome achievable? Is it practical to achieve it within the time frame you have set?

5. How will you know when you have achieved it?

6. What will you see, hear and feel when you have achieved the outcome?

7. Where are you now with respect to the outcome?

8. What is the 1st step to be taken to achieve the outcome?

9. What are the 3 or more ways to achieve the outcome?

10. What will happen after you have achieved the outcome?

11. After you have achieved the outcome, look back and become aware of the changes you have had made in your life to achieve the outcome.

Remember: " A goal without a date is just a dream" - Dr. Milton Erickson