



Well formed outcomes

Own the goal and the outcome

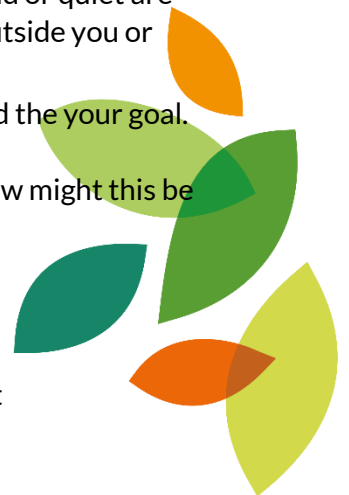
- State your goal or objective in the positive ie. what you want to do rather than what you don't want
- Is your goal within your control?
- Make your goal as specific as you can and measurable
- Keep it simple!
- How will you know when you've achieved what you want?

Define the outcome from your goal in sensory, specific terms

- Imagine you are at a point when you have achieved your goal. How will you know you have achieved it?
- What will you be **seeing**... what is the quality of light? What colours can you see? Is there clarity or is it hazy?
- Now tune in to the **sounds** associated with reaching your goal. How loud or quiet are the sounds? Do the sounds feel far away or close by? Are the sounds outside you or within? Are they soft, clear, resonant, muffled, shrill?
- Become aware of the emotions associated with when you have reached the your goal. What would make the feelings even better for you?
- How is your energy at the point when you have achieved your goal? How might this be OK or need to be different?

Check the ecology

- Reflect on the context(s) in which you want to have this outcome and evaluate them so you can consider how achieving this result may affect other people and aspects of your life and the wider context too.
- When do you want it? With whom?
- Where, when and with whom do you not want it?
- What are the benefits of achieving your goal – to you, other people around you, the wider context?
- How might you change your goal to become a benefit?
- What are the benefits – to you, other people, the wider context – of not achieving it?
- What else do you want to achieve? How does this goal relate/conflict/align?
- What resources (mental, physical, emotional, energetic) to achieve your goal?





Cartesian Co-ordinates

- What will happen when you have made the decision to achieve your goal?
- What will happen if you don't make the decision?
- What won't happen when you make the decision?
- What won't happen if you don't make the decision?

Resources and route

- What resources will you need to help you create what you want? Which of these resources do you already have and what new resources might you need?
- What stops you from having your desired goal or outcome already? What inhibits you moving towards your outcome?
- What is the cost (think wider than simply the financial cost) of doing this, for you, for others, for the wider context. Is it a price you can and are happy to pay?
- How are you going to reach your goal? What range of options are available to you? What are the manageable steps?
- Are you willing to act on meeting the goal? If so, what is the first step? What will you do?

