



Well Formed Outcome

State your outcome in the positive. What is really important about achieving this outcome? What is the real issue?

Step into it. What will you see, hear and feel when you achieve it? Really imagine achieving this outcome with lots of detail. Act as if it has happened and sense what has changed because you have achieved this outcome.

What is the context in which it will be achieved? When, where, who with etc.

How does this fit? What will be the effect on the current state / balance of the rest of your life and others'? Is this acceptable to you and is it representative of who you are or who you want to be?

What might be the barriers you will face and how will you get over these? What are the things that hold you back at present? What stops you?



How is your present state useful to you?

Is the reward of achieving this outcome big enough to compensate you for the loss of how things are now – if not, what would it take for the new outcome to be really compelling?

What are the external resources you need to achieve your outcome?

What are the internal resources you need to achieve your outcome? Are these up to you and maintained by you? Highlight the 3 most important internal resources and recall when you have had these in the past. Notice what is possible when you operate out of these resourceful states.

Desirability check. Do you really want this? What else could you add to this plan to make it more desirable? If it is not desirable let go of it gracefully.

What is your first step? What specifically will you do? What is the action you will commit to? Imagine yourself taking the first step.