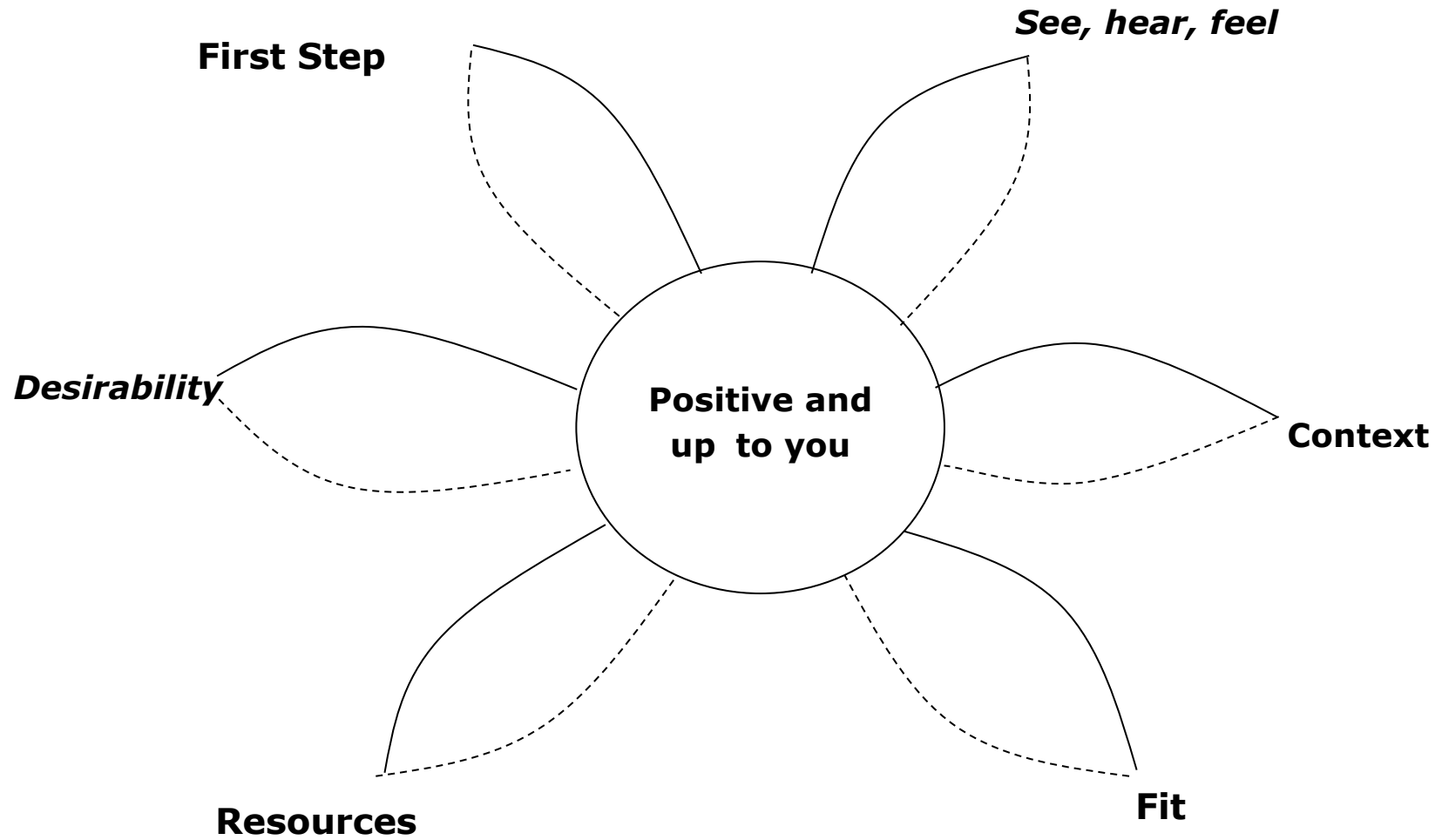


Well Formed Outcome



Well Formed Outcome Questions

State your outcome that is positive and in up to you

- What is really important about achieving this outcome?
- What is the real issue?
- What will achieving it give you?
- Is it within you sphere of influence?

Step into it – what will be the evidence you have achieved it?

- What will you see, hear and feel when you achieve it?
- What will be different – who or what needs to change?
- Imagine achieving this outcome with lots of detail – who else is there what you and other people saying?
- 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?

- Is the context clearly defined?
- When, where, how who with etc.

How does this fit?

- What will be the effect on the “ecology” of the rest of your life and others around you?
- Who else needs to know?
- What do you need to ask for from others?
- Is this acceptable to you and is it representative of who you are or who you want to be?
- What will others need in order to buy into this?
- What might you lose from the current situation in achieving your goal and how might you keep or replace this?

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?

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

- Do you have them now or will you need to acquire them?

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

- Are these up to you and maintained by you?
- What happens if you act as if you have the resources?
- Highlight the 3 most important resources and recall when you have had these in the past.

- 1.
- 2.
- 3.

Desirability check.

- Do you really want this? Number out of 10 how desirable is it
- What else could you add to this plan to make it more desirable?
- What would happen if you did / did not get the outcome?
- What wouldn't happen if you did/ didn't get the outcome ?
- If it is not desirable let go of it gracefully.

What is your first step?

- What specifically will you do first?
- What is the action you will commit to? When will it be?
- What are you expecting from the first step?
- Who will hold you accountable/ be part of the feedback?
- Imagine yourself taking the first step.

WHAT IS YOUR PLEDGE – WHAT ARE YOU COMMITTING TO?