

WELL FORMED OUTCOMES WORKSHEET

1. The Outcome I/WE want is:
2. Is the Outcome stated in the positive? If not, restate it:
3. Is the Outcome something that can be initiated and controlled by Me/Us (or a specific person or group?) If not, restate it:
4. Is the Outcome a manageable chunk size (not too big)? If not, restate it:
5. Sensory-specific evidence for the Outcome. I'll know that it has been achieved when I can
 - a. SEE:
 - b. HEAR:
 - c. FEEL:
6. (Meta Outcome) What will having this Outcome do for me/us?
7. (Ecology Check) When I/We achieve this Outcome, will anything else be at risk/lost (any negative consequence)? If so, what can I/We do to address this, either separately or by modifying the Outcome?
8. (Future Pace) Imagine (and enter into the experience of) what it will be like when I/We have achieved the Outcome?
9. The first (sensory based) step I/We will take to achieve the Outcome is:
10. I/We will take this first step on or before:

The Keys to an Achievable Outcome

Test your goals and objectives with these questions:

1. Stated in the positive

Ask: *“What specifically do I want?”*

ASK: “Is this stated as a positive possibility? (Instead of something to be avoided)”

2. Specify your present situation

Ask: *“Where am I now?”*

3. Specify your outcome

ASK: *“What will I see when I have it?”*

ASK: *“What will I hear when I have it?”*

ASK: *“What will I feel when I have it?”*

4. Specify Proof – or evidence procedure

ASK: *“How will I know when I have achieved it?”*

5. Is it desirable?

ASK: *“What will this outcome get for me or allow me to do?”*

ASK: *“If I achieved this outcome would something be lost or at risk?”*

6. Is it in an appropriate context?

ASK: *“When do I want to achieve this?”*

ASK: *“How do you want to achieve this?”*

7. What resources are needed?

“What do I have now, and what I need to have to achieve my outcome?”

“Have I ever had or done this before?”

“Do I know anyone who has?”

“Can I act as if I have it?”