
WELL-FORMED OUTCOME WORKSHEET

Goal: _____

- 1. What specifically do you want?** Describe your desired outcome or *state in a positive sensory-based way that's an appropriate chunk-size and also addresses WHAT ELSE having or achieving your outcome will do for you (Meta-Outcomes).*

- 2. How will you know when you've achieved what you want?** *Determine if the "evidence" you're focused on is appropriate and timely (soon and regular enough).*

- 3. Under what circumstances, where, when and with whom, do you want to have this result?** *Reflect on the context(s) in which you want to have this outcome and evaluate the ecology so you can consider how achieving this result may affect other areas, aspects, or people in your life.*

WELL-FORMED OUTCOME WORKSHEET - *Continued*

4. What stops you from having your desired outcome already? *Identify and explore any feelings, thoughts, or circumstances that seem to inhibit movement toward your outcome.*

5. What resources will you need to help you create what you want? *Determine what resources you ALREADY have that will help you (knowledge, money, connections, etc.). Consider additional resources you'll need to move forward.*

How are you going to get there? *Identify manageable steps to help achieve your result, consider multiple options to get where you want to go, and determine the FIRST step you'll take.*