

WELL-FORMED OUTCOMES WORKS SHEET

STATE GOALS IN POSITIVE TERM

WRITE IN SPACE IN DETAIL ANSWERS TO THESE QUESTIONS FOR EACH ISSUE YOU WANT TO WORK ON

- WHERE ARE YOU NOW? WHERE DO YOU WANT TO BE?
- WHAT DO YOU WANT WHAT WILL THAT DO FOR YOU?
- WHAT IS THIS OUTCOME A MEANS TOWARDS? WHAT WILL IT GIVE YOU?

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MY OUTCOME IS.....

DEMONSTRABLE IN SENSORY EXPERIENCE EVIDENCE PROCEDURE

What will you see, hear, feel, etc when you have it?

- How will you know you have this?
- What steps or stages are involved in reaching this goal?
- Is the goal broken down into small enough parts so that it is achievable?
- Have you set timeframes in order to stay on track possibly in a diary?

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STARTED AND MAINTAINED BY YOU

IS THE GOAL SOMETHING THAT YOU YOURSELF CAN INITIATE AND MAINTAIN?

- IS IT WITHIN YOUR CONTROL
- WHAT DO I HAVE TO DO IN ORDER TO ENSURE THAT IT IS CONTROLABLE

APPROPRIATELY CONTEXTUALISED

- When, where and with who do you want to do this?
- When, where and with who do you not want to do this?
- Is the desired goal right for you in all circumstances of your life?
- What will you have that you currently don't have?
- What will having your goal currently cause you to lose?

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Maintain the positive- by products of present behaviour

- What do I get out of my current behaviour that I would wish to preserve?

(Brainstorm your answers.... Aim for at least 20 things!!)

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State the resources needed to achieve the goal

- What resources will you need in order to get this goal?
- Who will you have become? Who else has achieved this goal?
- What prevents you from moving toward it and attaining it now?
- What has prevented you before, how do you ensure that it doesn't stop you again?

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Ecology ( and future )

- What are the advantages and disadvantages of the change?
- Is it worth the cost to you? Worth the time? Keep in within sense of self?
- What's important about getting this? What's its benefits when achieved its outcome?
- If you could have it now would you take it?
- On a scale from 1-10 how committed are you to take action to achieve it? (If 7-8 or lower what could be done to make it 10?)

Write down timeframes and steps to goals

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

Sign and date as a commitment to yourself determined to achieve your goals and desires.

..... Date..... signed.....