

# Writing Well Formed Outcomes

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A note before you start – creating well formed outcomes, or what I like to call \*goals that work\*, is about YOU and not what others want from you. Put aside what your family and friends think you should or ought to do, and decide on what you REALLY want from the heart!

1. State what you want in a positive manner (i.e. a negative manner is: 'I want to quit smoking,' so, instead state 'I want to have healthy lungs' or another negative statement is: 'I want to lose weight' so, instead state 'I want to have a fit and toned body.' For some reason, your mind doesn't hear DO NOT, for example, Do Not think about Ice Cream....Did you think about it? Of course you did! If you tell yourself to Quit Smoking, your brain hears Smoking and wants some nicotine. If you tell yourself that you want a fit and toned body, your brain focuses on fitness...Examples of others are – "I want to be balanced and lead a life that flows" or "I want to have a clean and uncluttered household" It can be anything!)

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2. Are you in CONTROL of the outcome? (This needs to be 'yes' otherwise, you need to change your goal to one that YOU are in charge of. For example, "I want to make my husband happy" or "I want to win the race" is NOT something you can control; however you CAN "Be a caring, understanding and loving partner" and you CAN "Achieve your personal best in whatever race you run")

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3. Answer the 'W' questions (You may want this outcome to happen in certain situations and not others. For example, if you stated, "I want to be confident," you may desire that result when you do a presentation or drive your car, but you may not want that outcome when your asking for honest advice):

- When do you want this \_\_\_\_\_
- Where do you want this \_\_\_\_\_
- With whom do you want this \_\_\_\_\_

4. Answer the senses questions (ex. Great job! You're the best! Wow – you're amazing, you look great):

- What will you hear when you achieve it \_\_\_\_\_
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What will you see when you achieve it (ex. Smiles, warmth, slim body, healthy complexion, more money): \_\_\_\_\_

\_\_\_\_\_

What will you feel when you achieve it (ex. Happiness, love, excitement, pride, strong, motivated): \_\_\_\_\_

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- You can also include what will you smell or taste...

5. Will you lose anything if you achieve this outcome? In other words, what is your present state giving you that keeps you there and what will you have to give up to get what you want? (ex. Bad habits, poor health, negative energy, free time, laziness, comfort zone, etc.)

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6. Is the outcome worth the effort that you'll have to put into achieving it and is it worth what it takes to get it? What WILL it take... (Risk, temporary loss or comfort, willpower, pain or sadness...is it worth it to go out and get it?)

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7. How will your life change after you achieve the Well Formed Outcome?

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8. Make sure that this outcome is part of who you are and who you want to become. (There is no use creating an outcome that changes you to someone you think you should or ought to be! When you achieve this outcome is it what YOU want – truly and honestly?)

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9. How will you start taking action to get your well formed outcome now? (ex. Create a 'to do' list, create a schedule, develop a system to help you achieve your outcome, exercise now...)

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