

Well Formed Outcome

Creating a clear path to reach your desire requires a clear description of what your desire is. Do you actually know your desire? Can you state it clearly in a few short sentences? When you tell me, will I be able to make a clear picture of it in my mind? How will you feel when you have reached it? Often fully stating our **Well Formed Outcome** will provide enough clarity to effortlessly propel us to reaching our goal.

1. What is your desire?

For clarity, this is stated in the positive. In tangible terms which others can verify once you've attained it. It is something that can be initiated and maintained by yourself. (After all, it is YOUR desire.) For example: **I exercise my body in a fun and rewarding way at least 5 days a week.** Instead of: I am no longer lazy, I exercise often.

2. How will you know when you have it?

What is your evidence? Will I be able to notice that you have reached your goal? Does it turn out that you already have it and didn't notice?

3. Where, When and With Whom is your desire evident?

Are you in the correct city? Is now the right time, or in a few weeks? Is there a time when you wouldn't want it? Who is helping you achieve it? -- name names if you can -- Remember use tangible specifics which can be verified by sight, sound, touch, taste or smell.

4. How will having this affect your life and the lives of people you interact with?

What will obtaining your desire *actually* do for you? Is there any way that your desire could be difficult? What could go wrong? If I could magically grant your desire, **NOW**, would you enjoy it? Would you find that you have some adjustments to make? Remember King Midas? Make sure you've thought about any possible down side.

5. What stops you from having already realized this desire?

Is it physically possible? Do you know anyone who has achieved this or something like it? Is there an internal picture, voice or feeling that holds you back?

6. What resources do you already have that will help you reach this goal?

Demonstrate these resources. Describe them in tangible terms.

7. What additional resources do you require?

Is there a book to read? A class to take? People to meet & partner with? Someone who's accomplished this or helped others to in the past? Perhaps hiring a coach?

8. How are you going to attain your desire?

What is your first step? ... and the next? Are the steps broken down in manageable chunk size? Is there more than one way to achieve the result? What is the most rewarding & effective way?

Well Formed Outcome Worksheet

I suggest you make copies of this sheet, using one for each project.

1. What is your desire?

2. How will you know when you have it?

3. Where, When and With Whom is your desire evident?

4. How will having this affect your life and the lives of people you interact with?

5. What stops you from having already realized this desire?

6. What resources do you already have that will help you reach this goal?

7. What additional resources do you require?

8. How are you going to attain your desire?
