

WELL FORMED OUTCOMES

This exercise can be used for business or personal outcomes. It is useful for considering the potential impacts of any changes on other aspects of a client's life.

1. What do I want? State the outcome in the positive (eg "I want to relax", rather than "I don't want to be stressed").
2. How will I know I have got it?
3. Is the outcome initiated and maintained by me, rather than others?
4. Does the outcome keep the good things about my current situation?
5. Are there any good reasons NOT to change?
6. How will this affect the wider system I am in – my friends, family, sense of self?
7. What will this outcome get me? Why do I want it?
8. What resources will I need?
9. What will I do? What steps do I need to take?

Well Formed Outcomes is a key principle in NLP (O'Connor & Lages, 2004).