

/SHAPING OUTCOMES

A WELL FORMED OUTCOME

Start out right. Save yourself unnecessary struggle and woe, and set yourself up for success from the get go.

AMY BELL NLP

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/ WELL FORMED CONDITIONS

CHECKLIST:

check your outcome against the criteria below and make any necessary adjustments.

STATED IN THE POSITIVE

Ask yourself what you want and state it in the positive. Not positive like sunshine, lollipops and rainbows but positive in terms of something you are moving towards rather than what you are moving away from. eg. I don't want to be stressed (away from stress) vs. I do want to feel calm and relaxed (towards calm) Don't want, want less of x generally indicates away from.

SELF INITIATED AND MAINTAINED

It must be something that is congruently desired by YOU. Not what you think you should want, or what someone else wants you to do. It must be generated by your own wants and needs. And it must not be dependent on someone else. You need to be responsible for it and able to influence it on your own.

SENSORY BASED DESCRIPTION

Engage all of your senses and describe what you will SEE, HEAR and FEEL when you have this. Make it rich and vivid, juicy and compelling!



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ECOLOGICAL

Do an ecology check to ensure that this will not have unintended negative consequences elsewhere

MORE THAN ONE WAY TO GET THERE

Ideally, there should be different options, pathways to get there.

INCREASE CHOICES/OPTIONS

Outcomes should always increase options available to you. We never want to take options away.

SPECIFIED ACHIEVABLE FIRST STEP

You've gotta know where to begin so you can TAKE THE FIRST STEP. The first step is the key to taking action and getting the ball rolling.

HOW'D YOU DO?

Get in touch and let me know and shout out if you're ready to find out more about the next crucial steps for setting goals in such a way that they practically achieve themselves.

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