

Well-Formed Outcome: Criteria By Which To Evaluate Your Goals

NAME _____

DATE _____

1. State your goal in positive terms. Describe the outcome in terms of what you want rather than what you don't want. Be positive. You attract what you think about and what you focus your attention on, whether it's what you want to what you don't want. What specifically do you want?

2. Can your goal be initiated and maintained by you? Is achieving the outcome within your control?

☐ Yes ☐ No

If achieving the outcome is within your control, go for it. If not, either redesign it so it is, or let go of it. You can only control yourself, and that's challenging enough.

3. Describe your outcome in sensory-based words. How will you know when you have reached your desired outcome? What will you see, hear, and feel when you have it?

4. Is your goal testable and measurable? By when will you achieve your desired outcome?

- ▶ What will you be measuring? _____
- ▶ What is your starting point? _____
- ▶ Desired goal? _____

5. Congruent. Is your desired outcome aligned with your highest good?

☐ Yes ☐ No

Is it aligned with who you are and what's important to you?

☐ Yes ☐ No

Does it create/contribute to a 'win-win' situation for all affected?

☐ Yes ☐ No

Proceed if you answered "yes" to all three questions. If not, closely examine what you want and why.

Is your desired outcome SMART?

- ▶ **Specific:** Identify exactly what you want. Describe the outcome in detail.
- ▶ **Measurable:** Quantify your outcomes – how much, how big, what size, etc.
- ▶ **Action:** Plan your work; work your plan. Prioritize the many tasks at hand.
- ▶ **Realistic:** You can accomplish the outcome if you make a reasonable stretch.
- ▶ **Time Targets:** Designate a target date for completion.

Now make a powerful, concise statement of your SMART, Well-Formed Desired Outcome!

Additional Criteria To Explore As You Develop Your Goals and Plans

1. What is the outcome of getting this outcome? What will happen if you get what you want?

How will getting the outcome affect your life?

What will you gain if you achieve your outcome?

What becomes possible if you achieve it?

What won't happen if you achieve it?

What will happen if you don't achieve it?

Does the outcome increase the choices available to you?

Yes

No

Does achieving the outcome support you?

Yes

No

Does achieving the outcome add value to you and your life?

Yes

No

Does achieving the outcome add value to those impacted by the outcome?

Yes

No

Does achieving the outcome add value to those indirectly impacted?

Yes

No

Does achieving the outcome add value to our children's children's children?

Yes

No

2. In what context is the outcome preferable? Where, when, how, and with whom do you want it?

If not all the time, when specifically?

What are other options when it is not desired?

3. How do you know the outcome is worth getting? This may be the most important criteria of all.

When you are actively involved in tasks required to achieve the outcome or when you think about achieving it, are you excited?	Yes	No
Are you passionate about doing what's necessary?	Yes	No
Are you passionate about the desired results?	Yes	No
Do you get to share your gifts?	Yes	No
Do you experience joy while you are achieving the outcome?	Yes	No
If the answers to these questions are "yes", chances are that the outcome is worth getting.		

4. Create many ways to get the outcome. Generate at least 3 options so you can truly be at choice.

5. What resources are needed?

Resources	Have	Need	Resources	Have	Need

What resources do you already have? Put a check under the column labeled "Have".
Which ones will you need to get? Put a check under the column labeled "Get".

Have you ever had or done your desired outcome before?	Yes	No
Do you know anyone who has?	Yes	No
You might want to talk to them, read books about them, do what you can to learn from them.		

6. First steps are specific and achievable. Make a list of the steps that have already come to mind and prioritize them. Then take action. As you do, new steps and new possibilities will become apparent.

Make a habit of exploring each outcome or goal in terms of these criteria. You will become competent and confident in your ability to create and choose outcomes that inspire and motivate you.

Once you have developed a well-formed outcome, visualize yourself having already achieved it. Create an affirmation and repeat it often, at least twice daily, once upon rising, once upon retiring. Do both with powerful, positive feelings. Doing so will keep you excited, on task, and does help you attract the outcome to you (whether you believe it or not).

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