

Forming a good outcome

Begin by asking yourself: *“How is it possible that I don’t have it now?”*

1. What specifically do you want?
2. Where are you now?
3. What will you see, hear, and feel etc. when you have it?
 - Describe it as if now “I am...”
 - Make a picture and make it compelling
4. How will you know when you have it? (Evidence)
5. What will this outcome get for you or allow you to do?
6. Is it only for you?
7. Where, when, how and with who do you want it?
8. What do you have now and what do you need to get your outcome?
 - Have you ever had or done this before?
 - Do you know anyone who has?
 - Can you act as if you have it?
9. Check the ecology...
 - For what purpose do you want this?
 - What will you gain or lose if you have it?

 - What will happen if you get it?
 - What won’t happen if you get it?

 - What will happen if you don’t get it?
 - What won’t happen if you don’t get it?