



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?