

The Well-Formed Outcome Template

1) What specifically do you want? (Future Goal Stated in the positive.)

- State it in the positive (what you want to achieve).
- What are you going toward?

2. Specify your present situation.

Describe the Present Situation and compare it with the desired future goal.

- Where are you now?
- Where do you want to be?

3. Specify the Outcome. (Internal Representation)

- What will you see, hear, feel, etc., when you have it? Engage all of your senses in this description process to employ more of your brain and nervous system.
- Write it as if you already have it now.

4. Specify the goal in a way that you find compelling.

Is the goal compelling? Does it pull on you, does it inspire you, does it energize you? Make it a compelling future representation that's dissociated (When you see your goal make sure you see yourself having obtained your goal.)

5. How will you know when you have it? What will you feel, see, hear, taste or smell when you have this goal.

I will know I have this goal because(describe the feeling of having it.)

6. Is it congruently desirable?

Ask yourself "Do I really want this goal?" If I think I want this goal, do I also feel, from my heart, that I want this goal.

What will this outcome do for you or allow you to do?

7. Is it self maintained and self initiated? Is it only for you?

Is the goal something that you can initiate yourself and maintain? Your goals have to be for you and you only. You cannot put energy into something that isn't for you. Your motivation will slowly but surely decrease over time.

Test your goal by asking if it is something that you have within your power or ability to do.

- Is it within your control?

Your goal must be something that you can initiate and maintain. It must not be something dependent on other people. Make sure that your goal reflects things that you can directly affect.

8. When, where, how and with whom do you want it? Test your goal by applying it to a context: when, where, with who, etc. to make sure that it is going to be fitting and appropriate. Re adjust your goal to make sure that it fits.

9. What resources are needed?

- a. What do you have now and what do you need to get your outcome.
 - b. What resources will you need in order to get this goal?
 - c. Have you ever had or done this before?
 - d. Who will you have to become?
 - e. Do you know anyone who has it? (model them)
 - f. What prevents you from moving toward it and attaining it now? (use TLT techniques to clear up negative emotions, limiting beliefs and limiting decisions.)
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- 10** a. For what purpose do you want this?
 - b. What will you gain or lose if you have it?
 - c. What will happen if you get it?
 - d. What won't happen if you get it?
 - e. What will happen if you don't get it?
 - f. What won't happen if you don't get it?

11. Are you certain that your goal will happen exactly the way you want it. Run a quality check to make sure that your goal fits every part. Ask, "Are there any parts of me that objects to actualizing this desired goal?" Pay attention to how your whole self responds to the question in terms of images, sounds, words, and sensations within you. Try on the goal and make sure it fit's perfectly. (intuition)

Also ask yourself, "on a scale of 1 – 10, with 1 being least certain, and 10 being most certain that this goal will come to be, how certain are you that this goal will come to be. If you are not completely certain (10), then you have doubt. You have to resolve the limiting decision that remains or you will not accomplish your goal. Use Time Line Therapy techniques to do this.

All doubt is a Limiting Decision. Any takes take's energy away from the goal so you have to be 100 percent certain the goal will happen. Doubt effects your ability to focus on what you want.

Remember the role of your Reticular Activating System (RAS) is to find more of what you want. Do you want to set your focus on doubt, or on the successful completion of the goal?

Once you put a goal into your future using Time Line Therapy techniques your Reticular Activating System will automatically start looking for opportunities to match your desired outcome.

This is a very powerful way to set your RAS so it works for you and not against you.

