

Well formed outcome:

1. State the goal or desired outcome positively.

.....
.....

2. Is it specific or could you define it more, is it measurable?

.....
.....

3. Can you achieve it by yourself?

.....
.....

4. Is the goal positive and ethical to benefit you or others around you i.e. does it have a positive intention?

.....
.....

5. How will you know when you have it? How will you feel?

.....
.....

6. Why don't you have it now? Has anything stopped you?

.....
.....

7. How big a goal is it?
Do you need to break it into smaller goals?

.....
.....

8. What are all the steps you need to take?

.....
.....

9. When will you take the first step?

.....
.....

10. When will you complete it all?

.....
.....

11. Are there any other ways to get it?

.....
.....

12. What resources do you currently have (physical, emotional, mental, spiritual, financial, knowledge, skills, assistance etc.)?

.....
.....

13. What resources will you need?

.....
.....

14. What will you need to give up to have it?
How will it effect you (friends, work, relationships, lifestyle)?

.....
.....

15. What will happen if you don't get it? How will you feel?

.....
.....

16. What will happen if you do get it? How will you feel?

.....
.....

17. If you don't get it, will you lose out on anything?

.....
.....

18. If you do get it, will you lose out anything?

.....
.....

19. What will having it give to you? For what purpose do you want it?

.....
.....

20. Will achieving this goal enhance your life and/or others around you?

.....
.....

21. Is it a worthwhile goal to aim to achieve? Do you still want to achieve this goal?

.....
.....

If you're happy with this goal, you can now continue to the goal setting process.