



## Well Formed Conditions for achieving your goals

To succeed in your goals then the following conditions need to be present:

- State it in the positive
- You can actually achieve it
- Is it measurable in sensory experience- See, hear, feel, touch
- It is good for the entire system
- Ecological- What else could it effect?

For each outcome/goal:

- What do you want? To elicit your goals.
- Ensure your goal is stated positively and can be achieved by yourself. Write it down. (Written goals are far more likely to be achieved.)
- Specify the present situation. Where am I right now and what have I achieved so far?
- How will I know when I've got it? to elicit evidence. Ensure you have very detailed answers for What will I see, hear and feel? and the context. Write your answers down.
- Check that your goal sits comfortably with your values and beliefs and that you have considered the wider implications of you achieving your goal. Ask:  
Is there a price to pay for achieving my goal? and, if so,  
Am I prepared to pay that price?  
What's important to you about getting this?  
What is the benefit of this outcome?  
Identify the resources you need to achieve your goal.  
What do I already have and what do I need to acquire?
- Commit to taking your first step towards your goal - even if it is only a tiny step and do it!
- Step into your imagined future achievement now