

**Well-formed outcome/goal – key questions for your outcomes/goals**

**What specifically do you want?**

Describe what you want (your outcome or goal) in the positive. In other words what do you want to move towards, how do you want to live your life? – include what you will see hear, smell taste and touch? Further what additional gains will achieving this outcome/goal do for you?

**What's stopping you from have your outcome or goal now?**

Consider your thoughts, feelings, actions, or circumstances/situations that you think might be getting in the way of you achieving your outcome or goal. Identifying these may contribute to actions later in the process.

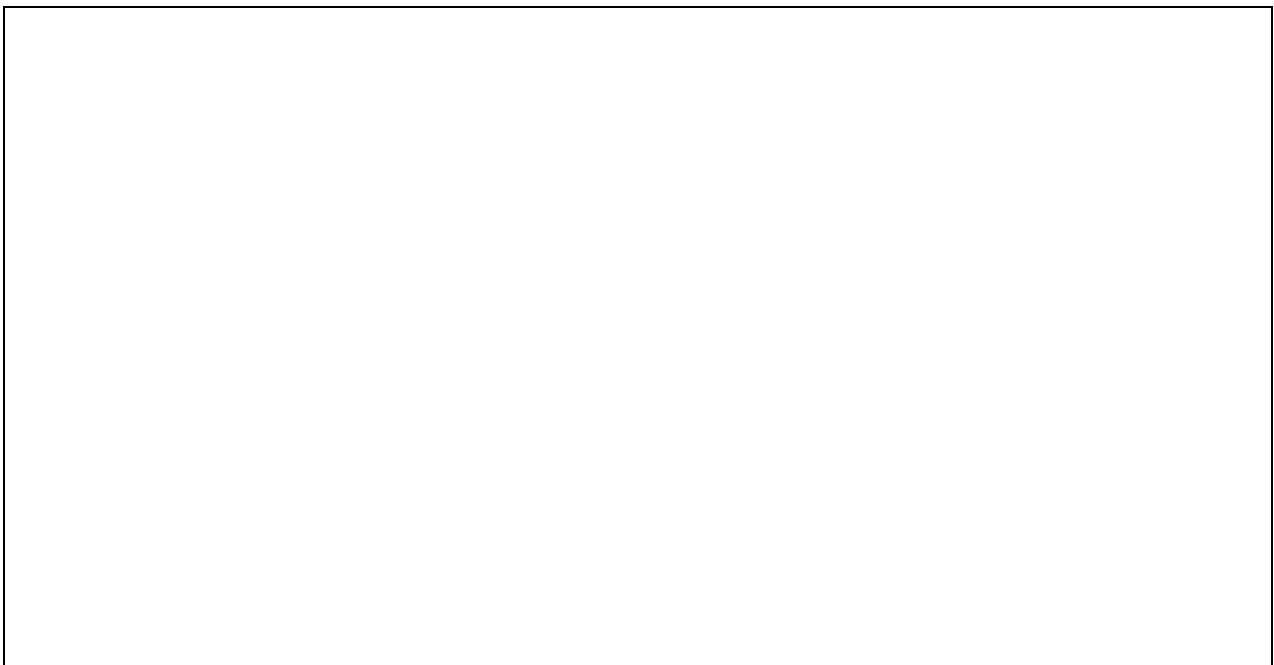
**What will tell you that you have achieved your outcome or goal – what evidence will show this?**

How will you measure your progress so that you will know you are on the right track to achieving the outcome/goal? What will you see, hear small taste of touch when and on the way to achieving your outcome and when you have achieved your outcome?



**What is the context, conditions, circumstances/environment of the outcome or goal?**

Where is this outcome to happen? When will this happen – is there a timeline or date that is significant? Who will this outcome affect and how? Is this effect ecological if not what might I need to do to support whom it affects?



**Do you have control over this outcome from start to finish or will you need support from others?**

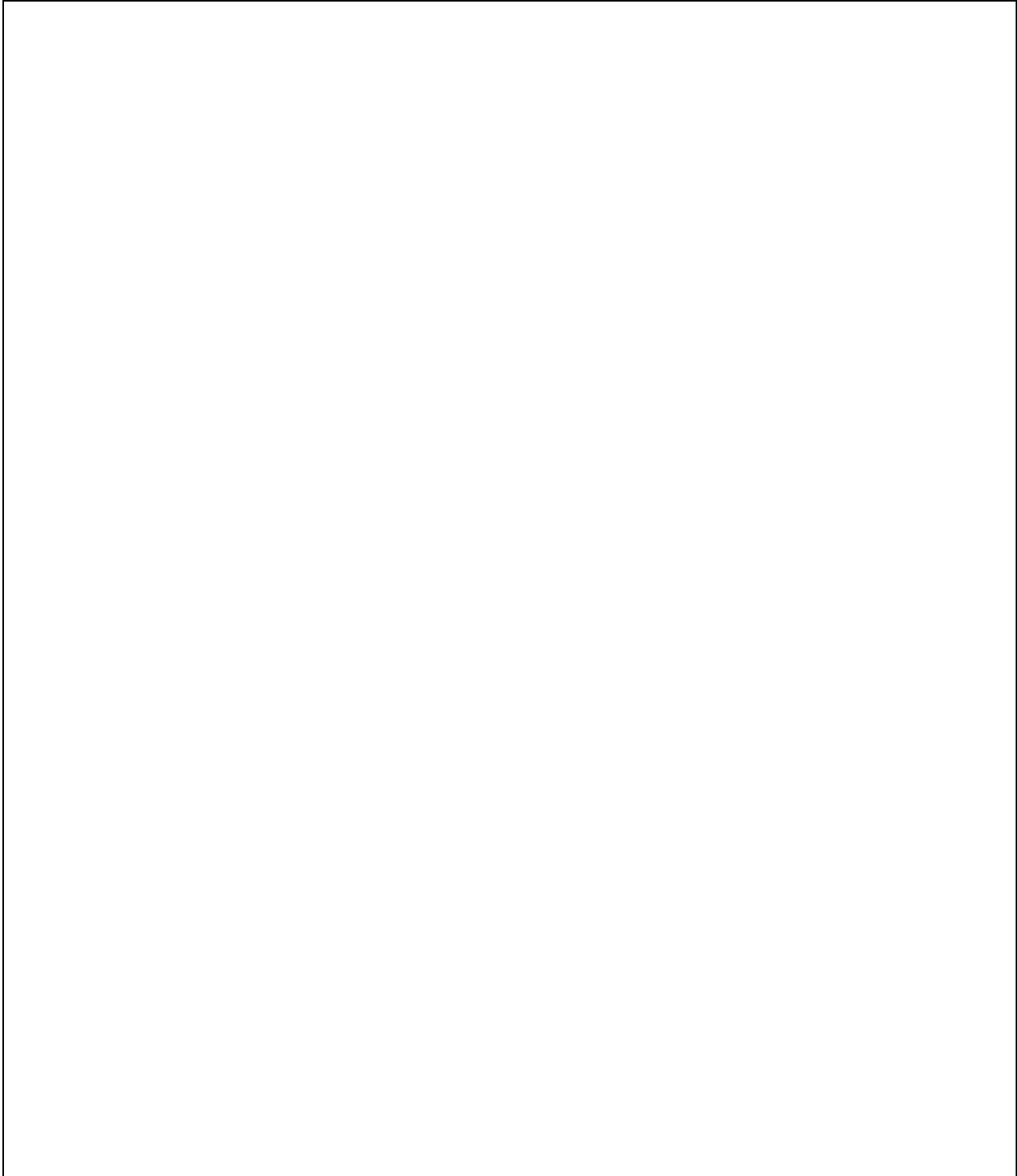
Is the outcome under your own power, control and influence? How much of this outcome or goal is under your direct control, are there any aspects that are not? Who can/will help and support you and what support will you need? How can you gain their support to help you achieve this outcome? What can you do directly to achieve this?

**What resources do you have/need?**

What objects/equipment/money might I need? Who in terms of people do I need? Are there any role models I can identify to help me with this? What personal qualities, skills and competencies can you bring to this or do you need to develop? Do you need any finance/money to support your outcome or goal? Do you have this or need to get it?

**Is your goal ecologically sound – whom and what will it affect?**

What time and effort will I need? Who else is affected and what effect will it have on them? What are their views? What will I lose or gain through achieving this outcome? What will I have to give up for this outcome? Am I willing to pay the price? What will and won't happen if I achieve this outcome? What is the **real** purpose for achieving this outcome? Is this outcome/goal consistent with who you are and your values? (See separate values identification worksheet)

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**What are the first steps you need to take?**

What will you do now to move this forward? What are the next steps you will need to take? What manageable steps can you take quickly? Make your steps specific and start doing them now.

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