

Practice : Well-formed outcomes



The best NLP starts with the question "what do you want"?

If you want something, and you are clear about it, and really committed to achieving it the odds are that you'll be successful in the end. NLP calls this kind of result a *Well-formed Outcome*.

When your goal is properly defined the journey is also much more enjoyable.

Most other NLP patterns only support the achievement of this one.

First look over the [concept of outcomes in Nlp](#) and then the [structure of well-formed outcomes](#) as set out by Robert Dilts in his Nlp Encyclopaedia.

To practise a well-formed outcome decide on a goal by carefully filling in the following chart:

1. State your outcome in the positive (what you WANT not what you don't want).....
2. State it in sensory language:
 - I will see.....
 - I will hear.....
 - I will feel.....
 - I will smell.....
 - I will taste.....
 - Where specifically?
 - When specifically?
3. Make sure your outcome is controllable by you:
 - What can you do to achieve it?
.....
 - What is your first step?
.....

- How can you get resources?
.....

4. Your outcome must be ecological.

- How will affect your life and those around you?
.....
- How will others be behaving if you attain this outcome?
.....

5. Testability

- How will you know when you have achieved this outcome?
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