



## Well Formed Outcome

1. **Outcome:** What do you want? Make it positive and specific.

What specifically do you want? Where, when, how, and with whom do you want it?


2. **Present state:** Where are you now? What is stopping you from having it now?


3. **Evidence:** How will you know when you have it? What will you see, hear, feel etc when you have it?


4. **Context:** Where, when, how and with whom do you want it? What will it get for you or allow you to do in which contexts?


5. **Self initiated and self maintained:** Is it only for you? Can you take responsibility for achieving this outcome?


6. **Resources:** What resources do you have now and what resources do you need to get your outcome?


7. **Is it achievable:** have you done this before? Do you know someone who has?


