

NLP & Mind Skills Training and Coaching

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Well Formed Outcome

Present state: Where are you now? What is stopping you from having it now? Evidence: How will you know when you have it? What will you see, hear, feel etc when you have it?	. Outcome: What do you want? Make it positive and specific.
Evidence: How will you know when you have it? What will you see, hear, feel etc when you have	What specifically do you want? Where, when, how, and with whom do you want it?
Evidence: How will you know when you have it? What will you see, hear, feel etc when you have	
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Self initiated	and self main	tained: Is it onl	y for you? Can	you take resp	oonsibility for a	achievinç
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8.	Ecology: These are virtual questions which you may or may not have a response to. How will having this impact your life?
	What will you gain or lose if you have it?
	What will happen if you get it?
	What won't happen if you get it?
	What will happen if you don't get it?
	What won't happen if you don't get it?
	If you could have it right now, would you want it?
9.	Action: what is the first step that you need to take now?
_	onditions for a Well Formed Outcome or an outcome to be well formed it must: ✓ be stated in positive terms ✓ be achievable ✓ be self initiated and self maintained ✓ have sensory based evidence ✓ have resources ✓ have acceptable consequences