

Well-Formed Outcomes – Structured Client Guide

Objective: Ensure that every goal or desired change is structured properly to maximize clarity, motivation, and achievability.

Preparation:

- Find a **quiet, comfortable place** to sit with your **back supported**.
 - Have a **pen and notebook** ready to write down your well-formed outcome.
 - Take **deep, steady breaths** to relax and focus.
 - **Decide on a goal or desired change** to work on.
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The Six Steps to a Well-Formed Outcome

Step 1: Decide What You Really Want

✓ **It must be for YOU** (not for parents, spouse, kids, colleagues, or anyone else).

✓ **You must deeply desire it**—not just a "nice to have."

✓ Ask: **"Do I really want this, or am I doing it for someone else?"**

✓ Example:

- ❌ **"I want to run a marathon because my spouse says I should."** (NOT well-formed)
 - ✅ **"I want to run a marathon because I love the challenge and personal growth."** (WELL-FORMED)
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Step 2: State It Positively

✓ **Say what you WANT, not what you DON'T want.**

✓ Most people naturally state goals negatively (e.g., "I don't want to feel anxious").

✓ Instead, **flip it to the positive** (e.g., "I want to feel confident and calm").

✓ Common Reframes:

- ❌ "I don't want to feel depressed." → ✅ "I want to feel happy and fulfilled."
- ❌ "I don't want to be stuck in my job." → ✅ "I want to start my own business and be successful."

✓ If a client states what they **don't** want, respond:

- "Thanks for sharing what you don't want. Now, tell me what you do want."
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Step 3: Express It in Sensory Terms

✓ Use all senses (Visual, Auditory, Kinesthetic) to make the goal real.

✓ Ask:

- "What will you SEE when you achieve this?"
 - "What will you HEAR (congratulations, praise, success sounds)?"
 - "What will you FEEL in your body when you achieve this?"
- ✓ Example:
- ☒ "I see myself on stage speaking confidently. I hear applause. I feel proud, empowered, and excited."
- ✓ Engaging all senses **strengthens motivation and connection** to the goal.
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Step 4: Choose Something You Can Achieve & Fulfill

✓ The outcome must be **realistic and attainable**.

✓ Stretch goals are great, but **they must be within human limits**.

✓ Ask:

- "Is this physically possible?"
 - "Can I reasonably achieve this in the timeframe I'm setting?"
- ✓ Examples:
- ☒ "I will run around the world in 2 days." (NOT realistic)
 - ☒ "I will train to run a marathon in 12 months." (ACHIEVABLE)
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Step 5: Evaluate the Effects of Achieving It

✓ Consider **how success will impact your life and others around you**.

✓ Ask:

- "How will this affect me emotionally, financially, socially?"
 - "How will my family, friends, or colleagues be impacted?"
 - "What growth or positivity will this bring into my life?"
- ✓ Example:

- ☒ "By quitting smoking, I will feel healthier, save money, and be a better role model for my kids."
 - ✓ **Seeing the ripple effects increases commitment to the goal.**
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Step 6: Choose Something Worthwhile

- ✓ The goal must have **lasting significance** (not something you forget in a week).
- ✓ Ask:

- "Will this matter to me in 1 year, 5 years?"
 - "Is this aligned with my values and long-term happiness?"
 - ✓ Example:
 - ☒ "I want to lose 5 pounds for a party next week." (SHORT-TERM)
 - ☒ "I want to build a long-term healthy lifestyle and feel great in my body." (MEANINGFUL)
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Practical Application: Well-Formed Outcome for Clients

- ✓ Use this process with clients to help them define **clear, motivating, and structured** goals.
- ✓ **Chunk large goals into smaller steps** (e.g., reducing anger from a level 10 to 7 in 2 weeks).
- ✓ **Example Structure for a Client with Anger Issues:**

- **Long-Term Well-Formed Outcome:**
 - "I want to feel calm, in control, and respond to stress in a healthy way."
 - **Short-Term (Stepping Stones):**
 - "In two weeks, I want to reduce my anger from a 10 to a 7."
 - "In one month, I want to have tools to manage my reactions."
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Final Thoughts & Implementation

- ✓ Well-formed outcomes **create motivation** by being clear, sensory-rich, and positive.
 - ✓ Avoid vague or externally motivated goals.
 - ✓ Make goals **personal, achievable, and meaningful**.
 - ✓ Use this **six-step framework** for yourself and clients.
 - ✓ **Next Step:** Applying SMART goals to further structure the outcome.
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Key Takeaways:

- ✓ **A well-formed outcome must be for YOU, not others.**
- ✓ **Always state goals positively.**
- ✓ **Engage all senses to make the goal feel real.**
- ✓ **Ensure the goal is realistic and achievable.**
- ✓ **Consider how success will impact your life and others.**
- ✓ **Choose something meaningful that will last.**