



NLP well-formed outcome worksheet

Keep doing this exercise until you can answer all the questions satisfactorily.

1. The outcome I want is: *(what specifically do you want? You can define multiple outcomes by using 'and'. Never use 'but')*

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2. Is my outcome stated in the positive? If not, restate it:

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3. Is my outcome something that is within your control? *(can be initiated and controlled by me?)* if not, restate it:

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4. Is my outcome a manageable chunk size (too big? too easy?) if not, restate it:

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5. Sensory-specific evidence for my outcome. I'll know that I have achieved my outcome when I can:

- a. See: _____

- b. Hear: _____

- c. Feel: _____

- d. Doing/ where be: _____

- e. Taste: _____

- f. Smell: _____

- g. What thoughts will you be having inside your head :

- h. What will others see or notice about you:

6. What will having this outcome do for me? (*what are the benefits? How will it affect other areas of your life? What else will having or achieving your outcome do you for, and what else, and what else ...*)

7. (Ecology check) When I achieve this outcome, will anything else be at risk? (*Is the outcome acceptable to you? Any unintended consequences for you, others, society etc*) If so, what can I do to address this, either separately or by modifying my outcome?

8. What stops you from having your desired outcome already? (*Identify and explore any feelings, thoughts, or circumstances that seem to inhibit movement towards your outcome - if you have limiting beliefs, internal conflicts, values conflicts etc – these can be dealt with by a certified NLP Practitioner/Master Practitioner*)

The Exciting bit !!!!!!!!!

9. (Future Pace) Imagine what it will be like when I have achieved my outcome 😊

10. The first (sensory based) step I will take to achieve my outcome is:

11. I will take this first step on or before: _____