

Well-formed Outcome Specification Model

What is a Well-Formed Outcome?

The Well-Formed Outcome Specification Model is an incredibly powerful tool to use to *focus* your intentions, energy, and actions towards your specific dream or goal.

The Value of a Well-Formed Outcome

This process will help you get absolutely clear about what you want.

You will see what details are clear and what still needs to be defined.

It is a plan for identifying and accessing resources for moving forward.

It helps you get momentum going, towards your goal, with specific, focused action.

How To Do It

Select one of your Primary Focus goals, perhaps the one that is most important and/or most urgent for you.

Answer all of the following questions for your goal.

1. What do you want? (This is your Desired Outcome)

Be sure that your description meets these criteria:

- a. stated in positive terms
- b. you have either control over getting the outcome, or sufficient influence
- c. sensory-specific description, using all senses, present tense
- d. appropriate size: large enough to challenge, small enough to motivate

2. What will it do for you when you have it?

3. How will you know when you have it?

4. Where, when, and with whom do you want it?

5. How will your desired outcome affect other aspects of your life?

6. What stops you from having your desired outcome already?

7. What resources do you already have that will contribute to getting your outcome?

Be very specific: time, money, training, skills, experience, other people's experience, beliefs, attitudes, capabilities, talents, etc.

8. What additional resources do you need in order to get your desired outcome?

Be very specific here too.

9. How much do you believe that your desired outcome is possible?

10. How are you going to get there?

a. strategy or plan

b. first action steps: specific, actionable, with deadlines

