

Converting Goals to Effective Outcomes

A. Accentuate the Positive, Present and Specific!

State your desired outcome in the positive, present and specifically

B. Be in Control

Ensure that you can initiate and maintain your outcome

C. See, Hear, Feel, Smell, Taste

State your outcome in sensory-specific language

I will see

I will hear

I will feel

I will smell

I will taste

My friends / associates / family will feel

My friends / associates / family will say

D. Do? Context

State the context(s) in which you want this outcome

E. Ecology Check

Check that your outcome is ecologically sound