

A. Accentuate the Positive, Present and Specific!

[illegible]

B. Be in Control

Ensure that you can initiate and maintain your outcome

[illegible]

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 _____

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

[illegible]

E. Ecology Check

Check that your outcome is ecologically sound

[illegible]