State -vs.- Goal

Value or State	**Goal or Outcome**
Stated ambiguously	Stated specifically
Write affirmations	Write goals/outcomes
You can have it now	Time is involved
No steps	Steps needed to get there (Get final step and work backwards)
Infinite	Measurable
Stated for self and/or others	Stated for self only

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Keys To An Achievable Outcome

Begin by asking yourself: "How is it possible that they don't have it now?"

1. **Stated in the positive.**
   What specifically do you want?
2. **Specify present situation.**
   Where are you now? (Associated)
3. **Specify outcome.**
   What will you see, hear, feel, etc., when you have it?
   - As if now.
   - Make compelling
   - Insert in future. Be sure future picture is dissociated.
4. **Specify evidence procedure.**
   How will you know when you have it?
5. **Is it congruently desirable?**
   What will this outcome get for you or allow you to do?
6. **Is it self-initiated and self-maintained?**
   Is it only for you?
7. **Is it appropriately contextualized?**
   Where, when, how, and with whom do you want it?
8. **What resources are needed?**
   What do you have now, and what do you need to get your outcome?
   - Have you ever had or done this before?
   - Do you know anyone who has?
   - Can you act as if you have it?
9. **Is it ecological?**
   - For what purpose do you want this?
   - What will you gain or lose if you have it?
   - What will happen if you get it?
   - What won't happen if you get it?
   - What will happen if you don't get it?
   - What won't happen if you don't get it?

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Well Formedness Conditions

for Outcomes/Goals

1. Stated in positive terms.

2. Initiated and maintained by client.

3. Specific sensory-based description of outcome and the steps needed to get there.

4. Ecological.

5. More than one way to get the outcome.

6. First step is specified and achievable.

7. Does it increase choice?

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