Your Outcome Must Be:

- Self-Initiated: You want it for YOU
- Self-Maintained: YOU have control of the results
- Stated In the POSITIVE
- Moving TOWARD what you want



What will you SEE when you've reached your goal?
What will you HEAR when you've reached your goal?
What will you physically FEEL when you've reached your goal?
What EMOTIONS will you FEEL when you've reached your goal?
When you've reached your goal, what time of day/year will it be?
When you've reached your goal, WHERE will you be?
When you've reached your goal, WHO will be with you?

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In as much detail as possible, describe your compelling vision of success – the last thing that needs to happen for you to KNOW you've achieved your outcome.

S	Specific	Simple		
M	Measurable	Meaningful to YOU		
Α	Achievable by YOU	As If Now		
R	Realistic	Responsible / Ecological		
Т	Timed	Toward What You WANT		

achieved your outcome.	T	Timed	Toward What You WANT
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