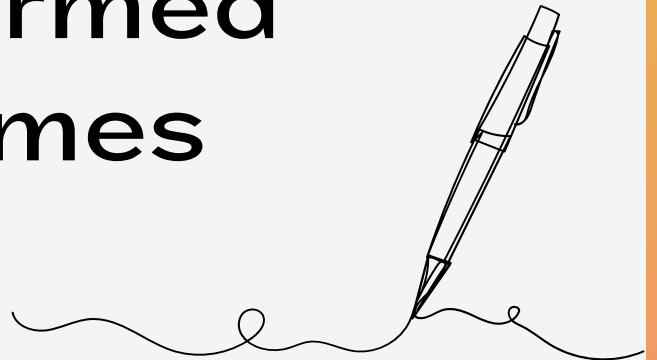


Well Formed Outcomes



1. What do you want?
2. Is it achievable?
3. What will you accept as evidence that you have achieved your outcome?
What will you see?
What will you hear?
What will you feel when you have done what you have set out to do?
4. Is achieving this outcome within your control?
5. Are the costs and consequences of obtaining this outcome acceptable to you?
6. Do you have all the resources you need to achieve your outcome?
7. Does achieving this outcome fit with your values?
8. If you could have it now, would you take it?

Jasmine Clarke is a Productivity Strategist and Executive Coach, helping business owners and professionals ditch overwhelm, get clear on their goals, and create systems that actually work. She's the host of the Productivity with Zest podcast and believes in purposeful productivity that leaves room for joy.

Learn more at zestproductivity.com

