

NLP OUTCOME FRAME

Worksheet - Solutions-Oriented Questions to Help You Get What You Want

1. What specifically do you want?

- a) Stated in the positive. (What you DO want)
- b) Something that can be initiated and controlled by you.
- c) Manageable size.

In what context do you want this outcome?

d) When do you want this?

e) Where do you want it?

f) With whom do you want it?

2. How will you know when you have achieved it?

a) “What will you see?”

b) “What will you hear?”

c) “What will you feel?”

3. What motivates you to achieve your goal? <POINT OF FOCUS>

(perhaps the most important step in this process – focus on this step more than the others)

What will achieving your goal do for you?

When you achieve what you want, what else in your life will improve?

What will happen if you don't achieve your goal?

4. What resources do you need to get your outcome?

(Information, attitude, internal state, training, funding, help or support from others etc.)

What resources do you already have to help you with this?

5. What other ways are there to get your outcome?

6. When you achieve this, will anything/anybody be at risk?

(health, relationships, job, social standing, other people)

What has stopped you from already having what you want?

7. What is the first step to begin to achieve this now?

8. Imagine stepping into the future and having your outcome fully. Look back at yourself and determine what steps were required to achieve the outcome now that you have it.