

Well-Formed Outcome Checklist (PLEAS™ formula)

Positive

State the goal in positive terms. Describe the Present Situation and compare it with the desired future goal. Make sure you can see yourself having obtained the goal.

- Where are you now?
- Where do you want to be?
- What do you want? What are you going toward?
- State what you want to achieve in the positive.

Lord...

Pray and ask for God's guidance.

- "Why is this important to you, Lord?"
- "Does this fit into your plans for my life?"
- "Is this totally in line w/Your Word?"
- "How might this be a blessing to someone else?"

Evidence

Specify the goal in Sensory Based Terms. What will let you know that you have attained that desired state?

- What will you see, hear, feel, etc., when you have it?
- Engage all of your senses in this description process to employ more of your brain and nervous system.
- Have you broken down your goal into small enough chunks so that each is do-able?
- What are the sizes of the behavioral chunks? Could the size possibly overwhelm you?

Appropriate

Run a Quality Control check on your Goal to make sure it is for you in all areas of your life.

- Is the desired goal right for you in all circumstances of your life? Is your goal appropriate in all your personal relationships?
- What will having your goal give you that you do not now have?
- What will having your goal cause you to lose?
- Does it respect your values, health, relationships, etc?
- What prevents you from moving toward it and attaining it now?

Self-Initiated & Maintained

Self-initiated and maintained. Your goal must be something that you can initiate and maintain. It must not be something dependent on other people. Make sure that your goal reflects things that you can directly affect.

- Is the goal something that you can initiate yourself and maintain?
- Test your goal by asking if it is something that you have within your power or ability to do.
- Is it within your control?
- What resources will you need in order to get this goal?
- Where, when, how, with whom, etc. will you get this goal?

What is the first step you will take within 48 hours towards this outcome?

