

Your Outcome

“What is your personal desired outcome being involved in the 6 weeks Clear Life Personal Transformation Program?”

The Outcome Thinking process

You may or may not know, Outcome Thinking is one of the very basic principles that underpins personal transformation and it also provides a powerful mechanism for maximising the chances of success in any sphere of activity. There are a number of different ways of developing a so-called ‘Well-formed Outcome’ to maximise the chance of success. This process has been found to find most useful over the years and it is called the SOCRATES model. Briefly, the three phases of this are as follows:

Element	Content
1. Setting the overall goal ...	
S	State your Desired Future State Is it stated in positive language?
O	Own it Is it within your control to make happen – if not, what can you bring within control?
2. Stepping into the outcome as if you’ve already achieved it, and looking back ...	
C	Check your evidence for its achievement, having got here - How do you know you’ve achieved this outcome? - What are you seeing, hearing, feeling and thinking?
R	Remember how you’ve done this - What steps did you go through to get here? - What attitudes, skills and approaches have been important in its achievement?
A	Add in your higher level ‘interests’ What’s important to you about having done this?
T	Test against the needs of others - Who else is involved in, or affected by, this achievement? - What’s important to them in this, and are there any adverse impacts on them? - If there are, how did you mitigate them?
E	Ecology and other effects - Looking at the bigger ‘systems’ that may be affected - What are the wider consequences of this achievement?
3. Taking action	
S	Step out and start - Looking back, what were your first few steps along the path? Now, step out of the outcome and, from a dissociated perspective, - Is this future state truly compelling? - Test your commitment to the first few steps by giving yourself a score out of 10 (10 totally committed, 0 no commitment at all)

There is no requirement to follow this particular model in your responses but, irrespective of how you choose to answer the question, we would appreciate as much detail as possible about your personal perspective on what you’d like to achieve from your involvement in the Clear Life Personal Transformation Program. We will be discussing this during our initial discussions so look forward to finding out more about you as we progress.

Many thanks. The Clear Life RECAST Team.