

Stated in the positive	1. What specifically do you want? eg: "I will have achieved my target ."
Timed and contextualised	2. When, where and with whom do you want it? eg: "I will have completed it before [date] in time for my birthday"
Present situation associated	3. Where are you now in your goal? eg: "I have already reached 145 and I have 855 to get."
Outcome state associated, calibrate physiological shifts	4. What will you be seeing, hearing and feeling when you get it? eg: "I will hear my colleagues congratulating me and see the smile on my own face, I will feel amazing"
Future state associated	5. What will you be able to do after you get it? eg: ""I will be able to walk and play with my children"
Self initiated and self maintained	6. Who is this for? eg: ""It is for me to feel happy and for my family to see me happy"
Have you ever done anything like this before? Do you know anyone who has? Act as if now frame.	7. What resources and states are needed?
What will happen if you get it? What won't happen if you get it? What will happen if you don't get it? What won't happen if you don't get it?	8. Ecology check eg: "I have already reached 145 and I have 855 to get."

