

## KEYS TO AN ACHIEVABLE OUTCOME

Begin by asking "How is it possible that you don't have it now?"

1. **Stated in the positive.**  
What specifically do you want?
  2. **Specify present situation.**  
Where are you now? (Associated)
  3. **Specify outcome.**  
What will you see, hear, feel, etc., when you have it?
    - As if now.
    - Make it compelling (get client to enhance all visual, audio and kinesthetic aspects)
  4. **Specify evidence procedure.**  
How will you know when you have it?
  5. **Is it congruently desirable?**  
What will this outcome get for you or allow you to do?
  6. **Is it self-initiated and self-maintained?**  
Is it only for you?
  7. **Is it in the appropriate context?**  
Where, when, how, and with whom do you want it?
  8. **What resources are needed?**  
What do you have now, and what do you need to get your outcome?
    - Have you ever had or done this before?
    - Do you know anyone who has?
    - Can you act as if you have it?
  9. **Is it ecological?**
    - For what purpose do you want this?
    - What will you gain or lose if you have it?
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### Quantum Linguistics Questions

- 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?
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10. **Get an Internal Representation** (a picture or image) of the very last thing that has to happen for you to know you have achieved your outcome.
  - Make picture compelling (increase and enhance the Visual, Auditory, Kinaesthetic, Gustatory and Olfactory sub-modalities)
  - Be sure the picture is dissociated (step out of your body and look at yourself). Now take a snapshot picture of the I.R. (Internal Representation or Picture) of you achieving your goal. Now install the picture in your future timeline. See RainWorks '10 Steps To Personal Achievement' for detailed instructions on how to do this.