

9

Must Ask Questions

FOR GOAL GETTERS



BRIN MCCREDDEN

9 Must Ask Questions

FOR GOAL GETTERS

NAME:

DATE:

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.

9 Must Ask Questions

FOR GOAL GETTERS

4. Specify evidence procedure.

"How will you know when you have it?"

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE

5. Is it congruently desirable?

"What will this outcome get for you or allow you to do?"

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE

6. Is it self-initiated and self-maintained?

"Is it only for you?"

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE

9 Must Ask Questions

FOR GOAL GETTERS

7. Is it appropriately contextualized?

"Where, when, how, and with whom do you want it?"

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE

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?"

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE

9. Is it ecological?

"For what purpose do you want this?"

"What will you gain or lose if you have it?"

"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?"

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE

TYPE HERE