

# Outcomes



## Outcomes

This form is about setting what you want to achieve. Always complete Portfolios (form 1) before completing this form as it is always good to get clear on your current circumstances before setting goals and outcomes for what you want to achieve.

What have you become aware of in your current circumstances that you would like to change through completing the portfolio and Sector Questionnaire?

- ① That I don't have a home. I want to build a home, a peaceful haven I love, with my partner and raise a family in it.
- ② To stop falling back into teaching. Know what I want to do and dive head first into the entrepreneur life.

### Elements of an Outcome

When we create outcomes they are based on three elements.

Element 1: Things we don't like and are not enjoying that we want to change.

Element 2: Things that we are passionate and inspired about that we want to bring into our lives

Element 3: Values that we are not fully expressing that we want to align with more in our life.

When we write down the outcomes, tick the element boxes which match the underlying drive behind the outcome.

### Using Positive Language

When we create an outcome, it is always important to put it in a positive context even when there is something we want to escape from in our lives that is causing us pain and suffering. It is better to write it in a way that is inspirational for us.

**Example:** A participant in the program may face chronic pain in their hip and naturally they want it to be gone. They may write:

#### Version 1:

*I would like my hip to be pain free and have full mobility.*

Upon questioning the participant, the coach discovers that the participant loves mountain biking but can no longer do it because of the hip and has lost the connection with this passion. In the second version this becomes the focus rather than the hip, which means that the participant is now tapping into their passion.

#### Version 2:

*I go mountain biking three times a week with full support from my body*

Your Kinesiology Coach will review your outcomes and support you to use optimal language

## Outcome 1

Draft (Client to Complete alone)

Have a business, or brand, or creative project that I love creating. It gives me fulfilment and an income well above my needs.

Element 1 ☐ Element 2 ☐ Element 3 ☐

Final (Client to complete with Coach)

Element 1 ☒ Element 2 ☐ Element 3 ☐

## Outcome 2

Draft (Client to Complete alone)

Make new friends who are inspirational to me. Have a community of close friends to enjoy life and business with.

Element 1 ☐ Element 2 ☒ Element 3 ☐

Final (Client to complete with Coach)

Element 1 ☐ Element 2 ☐ Element 3 ☐

### Outcome 3

Draft (Client to Complete alone)

To build my dream home with my partner on acreage.

Element 1 ☒ Element 2 ☐ Element 3 ☐

Final (Client to complete with Coach)

Element 1 ☐ Element 2 ☐ Element 3 ☐

### Outcome 4

Draft (Client to Complete alone)

Open my heart to love so the right partner can come into my life. Erase the pattern of counter-dependant so I can become vulnerable to create a deep, loving connection with him.

Element 1 ☒ Element 2 ☐ Element 3 ☐

Final (Client to complete with Coach)

Element 1 ☐ Element 2 ☐ Element 3 ☐

## Outcome 5

Draft (Client to Complete alone)

Attend a Pilates 4 times a week so my body can be/feel strong, and so I can feel confident in all the clothes I love to wear.

Element 1 ☒ Element 2 ☐ Element 3 ☐

Final (Client to complete with Coach)

Element 1 ☐ Element 2 ☐ Element 3 ☐

## Outcome 6

Draft (Client to Complete alone)

Have atleast 5 streams of income so I can have financial freedom for myself but to also support mum, dad and Marrie.

Element 1 ☒ Element 2 ☐ Element 3 ☐

Final (Client to complete with Coach)

Element 1 ☐ Element 2 ☐ Element 3 ☐

## Outcome 7

Draft (Client to Complete alone)

Bring fun experiences into my life that I enjoy with friends and family (travel, concerts, parties, galas, etc)

Element 1 ☐ Element 2 ☒ Element 3 ☐

Final (Client to complete with Coach)

Element 1 ☐ Element 2 ☐ Element 3 ☐

## Ranking outcomes

Outcomes	Rank Importance 1-7	Desired Timing for Outcome manifestation
1	1	Now
2	2	End of June
3	7	End of 2025
4	6	End of 2024
5	4	End of July
6	3	End of Sep.
7	5	End of June.