

NLP: The Goal-Setting Method That Predicts Follow-Through

NLP Mastery House

Purpose

Knowing what you want is a skill, not a trait — nobody is born with it. This handout gives you the five conditions that separate a goal that gets acted on from one that quietly dies.

The Five Conditions

1. Positive — stated as what you want, not what you're escaping. "What would you rather have than [the problem]?"
2. Ecology — no part of you objects to getting it. "If you had a concern about this, what would it be?" Any objection gets folded back into the outcome until it's clean.
3. Own Part — it's within your control or influence. "Is this within your control? What's your first action step?"
4. Specificity — located in time and place, and you can see it. "When and where do you want this? Can you see it in your mind's eye?"
5. Evidence — sensory-based proof you've got it. "What will you see, hear, or feel when you have it?" One piece of evidence is enough.

Distinction worth knowing: a Well-Formed Outcome can solve a problem outright, or take you halfway there. Both count as the tool working.

Quick win – five minutes

Take one goal you're currently carrying loosely. Run it through Positive and Evidence only: what you want instead of the problem, and one thing you'll see/hear/feel when you have it.

Practice this week

Run one real goal — yours or someone else's — through all five conditions out loud. Notice which condition it fails first. That's usually where the real work is.



"Most goals don't fail from lack of effort. They fail the test before anyone starts work."

— Kaito, DSΨ

One next action

- ☐ Write one outcome and check it against all five conditions before you act on it.

Full training in Module 5 of the NLP Practitioner course.