

Goals You'll Stick To

with Darren Shaw, Certified NLP Trainer

Why Most Goals Fail

Most goals don't stick because they're:

- Too vague
- Outside of your control
- Fighting your unconscious habits

NLP offers a checklist so your goals become natural to pursue — not battles to fight.

The 5 Checks of a Well-Formed Outcome

Specific & Sensory

Not: "Be healthier."

Do: "Jog 3 mornings a week and cook fresh dinners."

In Your Control

Not: "Get my boss to promote me."

Do: "Build new skills and apply for senior roles."

Evidence

Ask: "How will I know it's happening?"

Example: "I'll see my calendar filled with 3 client sessions weekly."

Ecology

Check: Does it fit your life, relationships, values?

If not — tweak it.

Positive

Not: I don't want to be broke anymore

Do: I want to have cleared my debts with surplus cash in the bank

Try it Now

1. Write a goal in plain words.
2. Run it through the 5 checks.
3. Adjust until it feels clear, doable, and exciting.

Remember

"Your brain follows maps, not wishes. A well-formed goal is a map that makes the journey easier." – Darren Shaw

Explore more NLP goal-setting strategies with me in the DSNLP
Community – \$5.99/month.