

Rephrasing hopes into desired outcomes (helpful for Tool #3)

This is hard, but very worthwhile in the long run. With practice, it should get easier. Then you have so much more control of your own success because you have set yourself an outcome that is measurable, achievable, and realistic.

SMART goal setting is one way to achieve better wording of desired outcomes. Google this term for lots of resources.

However, here's a quick and dirty way to rephrase your own *hopes* into **an outcome** that is *smart* or at least SMART-ready!

- 1. Put the *hope* into a sentence where it stands alone (no ands, ifs, or buts!)**

For example: I hope my podcast is wildly successful.

- 2. Imagine the **best outcome you can** that this sentence would describe. Put some detail in. Make it into a movie scene. How would it look, feel, taste, sound? Enjoy your small daydream.**

For example: I am flooded with offers for TED talks, and I am getting multiple checks in the mail from all sorts of podcast-related sources (not sure what they are, but it's money), and the comments are all so positive I can hardly wait to open the feed!

- 3. It's very likely that your imagined outcome requires cooperation from all sorts of other people. So...what is one **specific action that you could take** to make this outcome statistically way more possible?**

For example: I could create a high-quality podcast that has helpful and relevant content, and is published on a very reliable schedule, and I could market it with some help from the wise people on the internet. Umm. This is a lot of actions. I need to pare it down to one, so...I could make a high-quality podcast and publish it on a reliable schedule. Hmm. High quality could mean so many things. Let's just say, "a podcast I am proud of" as a more achievable definer.

- 4. Now, you are working on an outcome that *you* can control, and which you can define for yourself, and which may not be the total means to the fantasy you came up with, but which will definitely help get you there! At this point, you can for sure use the SMART goal setting acronym to make it even more...well, smart.**