

DesiredState Workbook

Moving from Darkness into Light



Date:

Time:

Place:

Group:

Desired State model



Working through the model

The desired state model is designed so that the user, or the person coaching those in need, can enter the process at any point. They can commence from the central Core Identity, Values, and Beliefs or they can return to those principles from one of the surrounding behaviours or attributes.

The user or their coach will want to engage with the model. Remember, 'People don't change until their desire to do so outweighs the desire to remain the same.' Kain Ramsay.

STOP³



STOP³

Stop!
Take a Breath
Observe, what's
Happening
Pull Back and gain
Perspective
Practice what works

NOW

Notice what you are
experiencing
Observe the impact upon
You
Wise Mind reasoning



Notice yourself.

Conduct an ecology or physical/environmental check. Are you in a comfortable situation or place of safety? Is it possible to relocate? Identify the physiological sensations, thoughts and feelings that are present.

Observe and objectively assess the impact that these stimuli are having on you.

Wise Mind reasoning

Using the Wise Mind is like riding a bike, it takes effort, balance, and steering but we can learn. Use the Wise Mind just as we learned to ride a bike, through experience.

Just as we pedal to start a bike rolling we must make a little extra effort to initiate the Wise Mind by analysing our interactions we make ourselves more mindful of our balance. Intuition steers us toward the wise mind.

NOW

The onslaught of uncomfortable emotions [anxiety, depression, anger, shame, guilt, moral injury] is like speeding out of control and losing our balance. We can learn to activate the wise mind to regain and maintain balance.

Many benefits accompany developing the Wise part of your Mind such as:

- A more peaceful and pleasurable participation in life
- Increased capacity to identify, understand and tame self-sabotaging beliefs, thoughts, feelings and habits
- The elimination of destructive thought patterns
- Reinforcement of patterns that seed future fulfillment
- Ongoing effective emotion-regulation [especially during times of extreme crisis and challenge]





THINK

True? Objectively or Factually
Helpful? If not, What would be?
Important or Inspirational? If not, What would be?
Necessary? If not, What would be?
Kind? To yourself or another? If not, What would be?

In the space between stimulus and reaction lays the opportunity to respond with maturity and regulation.

You created the space to Stop and Now, **Think**.

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Helpful? If not, What would be?

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Disciplined Questioning

OR SOCRATIC QUESTIONING

What is the evidence for this thought? Against it?

Is this thought based on facts or feelings?

Is this thought black and white, when reality is more complicated?

Could the evidence be misinterpreted? Is there any possibility that this is an assumption?

Might other people have different interpretations of the same situation?
What are they?

Disciplined Questioning

OR SOCRATIC QUESTIONING

Have you looked at all the evidence, or is this evidence just what supports your thoughts?

Could the thoughts be an exaggeration of what's true?

Is this a recurring thought? Possibly out of habit, or do the facts support it?

Did someone pass this thought/belief to you? If so, are they a reliable source?

Is this thought a likely scenario, or is it the worst case scenario?

Personal Responsibility

So, What Now?

Investment in Yourself and Your responsibility to change.

Who do you think **Can** do it for you?

Or

Who do you think **Will** do it for you?

Personal Congruence

You have control

You have control over only three things in your life;
Your attitude Your behaviour and Your beliefs.

Between every event and reaction, there is a gap, it is here you get to decide who **and** how you want to be.

Make a Wise Mind response based around your core identity, values and beliefs. If your response is ethical, moral and lawful you are being authentic.

Core Identity



'Most people spend their lives attempting to be somebody they aren't, but the real power comes from accepting the truth of who you are and running with it to the very best of your ability'
- Kain Ramsay.

Use this worksheet to begin filling in the blanks and define the truth about who you genuinely are.

Start off by defining the things that YOU DO in life [outer circle], then consider HOW you are you [your attitudes, behaviours, preferences and styles - middle circle]. Finally, take some time to begin filling in the blanks about WHO you truly are [not what you do or how you are you - centre circle].

WHAT YOU DO?
HOW ARE YOU **YOU** ?
WHO YOU ARE?

Core Identity Model



Core Beliefs

The Virtuous Life described by Abraham Maslow is one directed toward Self-actualization.

Self-actualization occurs when we Maximize Our Potential by being the best versions of ourselves that we're capable of.

Some of the characteristics he identifies in his book **Motivation And Personality**:

Self-actualized people embrace the unknown & ambiguous.

- They accept themselves with all their flaws.
- **They prioritise and enjoy the journey,**
- They are inherently unconventional yet do not seek to shock or disturb.
- **They are Motivated by growth, Not the Satisfaction of Needs.**
- They Live With a sense of direction and purpose.
- **They are not troubled by the small or Irrelevant.**
- They are Grateful for what they have and where they are in life.
- **They share deep relationships with a few but also Identify with humanity in general.**
- Self-actualized People are Humble and resist enculturation.

Values are a part of us
they highlight what we stand for
and they can represent our
unique individual essence as
well as act as the primary
driving force behind our actions
and behaviours.

Values provide us with a set of
'rules' to live by, alongside a
personal code of conduct.

Values guide our decisions.

As Mindful people we have lots
of decisions to make that will
often affect many others.

With a firm understanding of
your core values decisions big
or small can be made more
easily, quicker, and with greater
confidence.

Identify your personal values.

Core Values



EXAMPLES OF CORE VALUES

Accountability
Accuracy
Achievement
Adventurousness
Authenticity
Ambition
Assertiveness
Balance
Belonging
Boldness
Calmness
Carefulness
Challenge
Clear-mindedness
Commitment
Community
Compassion
Connection
Consistency
Contentment
Contribution
Certainty
Creativity
Decisiveness
Dependability
Determination
Devoutness
Diligence
Discipline
Discretion
Effectiveness
Efficiency
Empathy
Enthusiasm
Equality
Excellence
Excitement
Exploration

Expressiveness
Fairness
Faith
Freedom
Generosity
Goodness
Giving
Growth
Giving
Hard Work
Honesty
Hope
Humility
Independence
Ingenuity
Identity
Increase
Justice
Leadership
Legacy
Love
Loyalty
Obedience
Openness
Practicality
Purpose
Professionalism
Progress
Reliability
Resourcefulness
Restraint
Relationships
Self Improvement
Security
Self Actualisation
Self-control
Significance
Selflessness

Self-Worth
Spontaneity
Stability
Sharing
Teamwork
Temperance
Truth
Thoroughness
Timeliness
Tolerance
Traditionalism
Trustworthiness
Truth-seeking
Understanding
Uniqueness
Unity
Vision
Vitality



A man with dark hair, wearing a blue button-down shirt and a brown belt, is smiling and leaning on a wooden workbench. In the background, there are shelves filled with various items, possibly tools or materials, in a workshop or garage setting.

Well Formed Outcomes

Simple, isn't it?

WELL-FORMED OUTCOMES

The Well-Formed Outcomes [WFO] Model is a significant organising pattern widely used to describe goals or outcomes designed according to specific criteria.

WFO goes further than 'setting goals.' which suggests a destination and a conscious process. 'well-formed' simply means that the outcome has been refined or checked against a series of tests or criteria.

WFOs are different: they set a direction. and organise choices regarding the way we interact with our desired state every day without conscious thought.

The WFO model provides a way to think more clearly about moving from your present state to your desired state.

Goal setting for WFOs

The goal should be stated in positive terms
Describe your present situation and compare it with
your desired goal.

- Where are you now?
- Where do you want to be?
- What do you want?
- What are you aiming towards?

Give specific sensory-based descriptions of your
desired outcome. Goal setting functions as a
prerequisite to success in most areas of life.
Become as visually and kinesthetically attached to
your goals as possible.

- What will you see, hear, and feel when you
achieve your outcome?
- What steps are involved in reaching your goal?
- What will you have once this goal is fulfilled?
- Is the goal unbroken down into manageable
chunks yet?
- What are the sizes of your steps?
- When will you be reading to start?

Does your goal drive or excite you? What specifically
will change in your life once you have
fulfilled it?



Goal setting for WFOs

Do a quality control check on your goal to ensure it's beneficial to you in all areas of your life.

- Is this goal good for you in all areas of your life?
 - Does your goal serve your personal relationships?
 - What will your goal give you that you don't already have?
- What could having your goal cause you to lose?
- Is your goal achievable with your own efforts, or do you need support?
- Might this goal attract any undesired costs?

Your goal must be something you can initiate and maintain. It shouldn't be dependent on others. Ensure that your goals reflect things that you can directly influence. Define the context of the goal's succession.

- Where, when, how, with whom, etc. will you achieve this goal?
- Is the goal appropriately contextualised?

Specify the goal in a way you find compelling.

Define the resources required to achieve your goal.

- What resources do you need to achieve this goal?
- In what ways will you need to grow and improve?
 - Who else has achieved this goal before?
- Have you ever achieved a goal like this before?
- What stops you from achieving this goal right now?

The evidence procedure.

- How will you know that your goal has been realised?
 - What will you have?
 - How will you feel?
 - What difference will you have made?
- Who else will this goal make a difference to?

Goal setting for WFOs

Test your goal in context to make sure that it is going to be fitting or appropriate to you and readjust your goal if not.

Take a few moments to consider the example below, which will help to consider and formulate your well-formed outcome.

For example, perhaps you want to become a better manager, partner, wife, husband, or parent.

1. What do you want? [describe this in favourable terms]

2. How will you know when you've got this thing that you want? What will you see, hear, feel, and taste? [you may want to close your eyes to visualise this]

3. Consider the resources you need to get to this place, looking back at what skills you've developed along the way?

4. Perform an ecology check. Is this goal beneficial? Is it going to enhance your life? Is it going to improve someone else's experience?

If you have answers to all these questions then you likely have a Well-Formed Outcome.

DesiredState would like to recognise the work of Kain Ramsay and Achology in this pamphlet.

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