

## YSS Outcome setting info for Keynote

YSS Outcomes 'the big picture' is something we get that follows an action, it's the outcome.

Establishing what we want is key to accomplishing and succeeding. Having a clearer sense of direction allows us to focus your energy and attention. Setting our outcome is integral to establishing what we have and what we want. The difference between the two is often the 'problem approach'.

### Problem approach

This is where we get caught up in the 'what is wrong' way of thinking, taking only into consideration who's to blame, how long it's been wrong and why it's not been solved. This spirals us into a deeper sense of negativity and can lead to us thinking the problem is much harder to solve.

Most of us at some stage have set our outcomes and not achieved them. The classic time for this is when we are embarking on a New Year and our 'festive resolutions' are ten fold and often are abandoned just a couple of weeks later, if that!

We can attribute that to several things, firstly our potential to problem approach our outcomes, often stating our outcome negatively, unrealistically, without our senses present, have unforeseen consequences, are not specific to our progress, and attribute them to someone else's control, so we don't even own them!

So to make the journey between from our problem approach to our YSS outcome thinking we are proactive in motivating movement between our present state, using our resources to achieve our YSS Outcome and those beyond.

### YSS Outcome thinking

Here is where we get to explore what we want in a given situation, the thinking that allows us to see and achieve in outcomes. Considering the 'how to' to get there by engaging in our direction, developing our purpose, evaluating our barriers that can prevent our outcome attainment, and what we include in constructing our action plan.

To avoid the occurrence of fuzzy YSS Outcomes, those that we start and never accomplish, this is how we increase our likeliness of success:

1. **Say it in Positive Terms** - what do you want?
2. **YSS Outcome is under your control, you own it-** can you achieve it and maintain it yourself?
3. **Specific, Measured & Evidenced-** How will you know when it is achieved? what it feels like? if you are on track?
4. **It is Simple, Achievable and Realistic** - Is it simply stated? is it challenging? Do you believe you can do it and is there more than one way to achieve your outcome?
5. **Identified the Resources, Existing benefits and the effects of change** - What resources do you have? The benefits?

## Setting and achieving your YSS Outcome - The know how in action!

### Step one

Expressing your YSS Outcome in positive terms. First let's think back for a minute to the old problem approach; we often list the things we want to achieve in negative terms for example 'I don't want to be stressed at work anymore' or 'I don't want to feel unfit', as a result and because of the way our mind works and in particular our unconscious mind as it is unable to process a direct negative (e.g. don't think of chocolate) we land up focussing more and more on what we don't want!

So you may ask yourself 'What do I want to be'? If it's not to be stressed at work, ask 'How do I want to feel'? is it calm, relaxed, attentive, productive...the list is yours to create and tailor to your needs, turning the negative around into a positive (To feel calm and productive at work) and directed toward your outcome, this allows the mind to tune out distraction and tune into what your desired focus. For some people additionally stating your outcome in the 'now' can avoid you feeling left 'wanting' so say your outcome how you want it to be.

This is a form of 're-framing' (changing the frame of reference, giving it a different meaning) that is critical and simple shift to the success of your YSS Outcome and easing the journey.

### Step two

Establish your YSS Outcome is within your control. Simply stating your outcome in a way that is that is self-initiated and maintained is key.

For example you may be engaging in the YSS training for yourself and additionally to motivate someone else. So if your outcome is 'For my partner or child to be more active' this is not totally under your control and may place you in a less helpful position when trying to achieve your outcome as this requires another person to change their actions/behavior. You may then like to ask yourself a more empowering question such as 'what can I experience or do that will give me what I want'. Maybe 'To set a pro-active example practicing YSS .....for my partner/child **[NB: working on this example- sticking point]** having the support of the people around you and wanting things for and from them is important

Our aim is to encourage and allow you to be able to get your YSS by yourself regardless of the actions of others.

### Step three

As mentioned above to avoid setting fuzzy outcomes being as specific as possible this way you can gauge if you are on track, establish how you will know when you have achieved it and know what it feels like making it a sensory rich experience when you get what you want - the outcome of your actions.

Considering precisely what you want, where and when you want it and establishing if it's appropriate will make it much easier to achieve your outcome. For example If you want to be fitter, question firstly fitter than what?, how fit, for what purpose? Ask what do you want specifically? is it to be fit to run 5 miles in 40 minutes, do 3 rounds in the ring (without falling down!), or carry shopping home, climb the stairs without getting out of breath?

Additionally it can be useful to be specific and set a target date, time and even location, to enhance your measures of success both as you progress and when you succeed. Checking with yourself now, how will you know when you have/are respectively succeeding and knowing you have defined your YSS Outcome clearly you are best to have your own sensory feedback system. Knowing you are on the right track and measuring your progress and actioned performance (those daily/weekly actions that you focus on e.g. practicing your YSS techniques) is an important procedure. How do we know, well when we imagine achieving our outcome what do we see around us? what do we feel, hear, smell and even taste in our given outcome situation? Giving clarity to your outcome and refining the details allows you to visualize your YSS outcome, the result is more motivating, vivid and real!

## **Step four**

Time to check that its simply stated, knowing what you know now of how to really state your outcome and what to consider you can effectively explore and review your outcome statement. Reflecting on the information mentioned earlier that the mind, in particular the unconscious mind focuses on our use of words, so to avoid any confusion can you make your outcome simpler?

Complex example outcome: To run a 10k in 48 minutes unless its raining then I'd like to do it in 52 minutes and as long as theres no hills then I can do it in...too much for the unconscious to focus on!

Simply stated it may become: To run a 10k in under 50 minutes

Then next thing to consider is how achievable is it? Though much of the Performance Psychology research suggests it is extremely important to challenge ones-self when setting a goal, it is also key to set outcomes that are achievable and realistic. To take it out of the health and fitness spectrum for a minute, it may not be realistic to say you are going to fly a plane (assuming you are not a pilot) but it is realistic and achievable to say I am going to take flying lessons, to learn the skills to fly a plane!! Certainly reach for the sky just allow yourself the tools to do so safely :)

Though if the outcome is to large you can state all the barriers or obstacles you see and set smaller outcomes to address each one. If motivation fails at the smaller outcomes simply ask yourself 'what can this small outcome get for me? Connecting the small outcomes back to the main YSS Outcome and see the bigger picture come to life in each step.

## **Step five**

The final steps to consider when establishing, stating and reviewing your YSS Outcome are the resources you may have to assist you in your success. These may be internal e.g. knowledge, skills and capabilities, external e.g. objects including books, equipment, money and people.

Firstly consider what resources you already have, if your focus is to feel calm and productive at work consider when you have felt this, try it on again, how does it feel? and if you've never felt this try pretending how it may feel as an actor may connect to a role, ask people who have felt it to describe it to you; there is a means to tap into your resources and knowing that you already have them can inform and transform your capability to learn additional skills to achieve your outcome.

It is here we like you to think about what benefits you get from your present behavior/habits and consider if you will lose anything if you accomplish your YSS Outcome. For example if you started smoking as teenager to be sociable and fit in with your friends you may not need or benefit from this when in your 30s [**NB: like to have more related example**]

It is thought there are positive benefits from negative behavior/habits that are tailored to the individual, if we can identify those benefits and if they'd like to be retained, then they must be provided for in your YSS outcome in order to avoid self sabotage and allow you to achieve.

On this note it is key to consider what if any wider effects occur by embarking on your YSS outcome quest. Does your outcome fit with who you are and your values? Some simple questions from a specific field of positive psychology can help you refine even further your YSS Outcome, ensures it fulfills your needs, establishes there are no negative consequences, indicates the outcome is appropriate and any short-lived negatives are outweighed by positive ones, enjoy:

What will you gain if you achieve this outcome?

What will you lose if you achieve this outcome?

What will happen if you achieve this outcome?

What won't happen if you don't achieve this outcome?

What won't happen if you don't achieve this outcome?

## Summary

Increase your chance of success by:

- 🕒 Make it positive and simple
- 🕒 Break it down
- 🕒 Own it
- 🕒 Be in the present
- 🕒 Be specific, measured & evidenced
- 🕒 Simple, achievable & realistic
- 🕒 Resources, benefits & effects
- 🕒 Take action
- 🕒 Action beyond the action [**NB: may take this out this section all too much, will use it as a tip?**]
- 🕒 Enjoy!

## Take Action

Turn you YSS outcome into reality - take action. Be specific about what you are doing and well you are doing it, this is the first step!

State your goal here

\*Podium steps to success - to discuss

Bronze

Silver

Gold