

Best Practices For Achieving Your Desired Results

Maximize the Benefit from Your Results Roadmap™

Make the Invisible Visible

In your personal Results System, thoughts and habits are largely invisible operating in the background. Bringing them into the open frees you from the automaticity that keeps you getting the same results. The Results Roadmap helps you draw out these invisible pieces so you can choose intentionally and get new results.

Goals vs. Results

Remember that Results and Goals are not the same thing. A Result is the outcome you are seeking. A Goal is a milestone or step along the way to creating your Desired Result. To know if something is a Result or a Goal, ask yourself, "If I were to achieve that Result, what would it do for me or what would it give me?" If this yields a further answer, then the item is a Goal rather than a Result. Results are often more conceptual and philosophical than tangible.

Focus on your "Critical Path"

Keep your focus on the most important aspects and shun the distractions. Just above the center line are the strongest helpers (thoughts, habits, supports) to get your Desired Result. Use them consciously. Just below the center line are the strongest hindrances to achieving your results. Address them first.

Stay 'Above the Line'

For some, it is easy to stray "below the line" to those thoughts, habits and obstacles that pull us away from getting the Desired Result we want. Work to "stay above the line" even if that is not your typical pattern.

Add to Your Results Roadmap™

As you become aware of additional thoughts or behaviors that help or hinder your achievement of your Desired Result, add them to your roadmap, whether above the line or below. The more you understand the complete picture of your perceptions, beliefs, habits, expectations and assumptions, the more you "run" your system rather than it "running" you.

Reframe the Thoughts that Interfere

Be sure to use the reframing technique to identify thinking that counteracts that which do not help you. For each thought "below the line," reframe it and practice switching quickly to the reframed thoughts and not dwelling on the negative ones.

Update and Expand Your Action Calendar

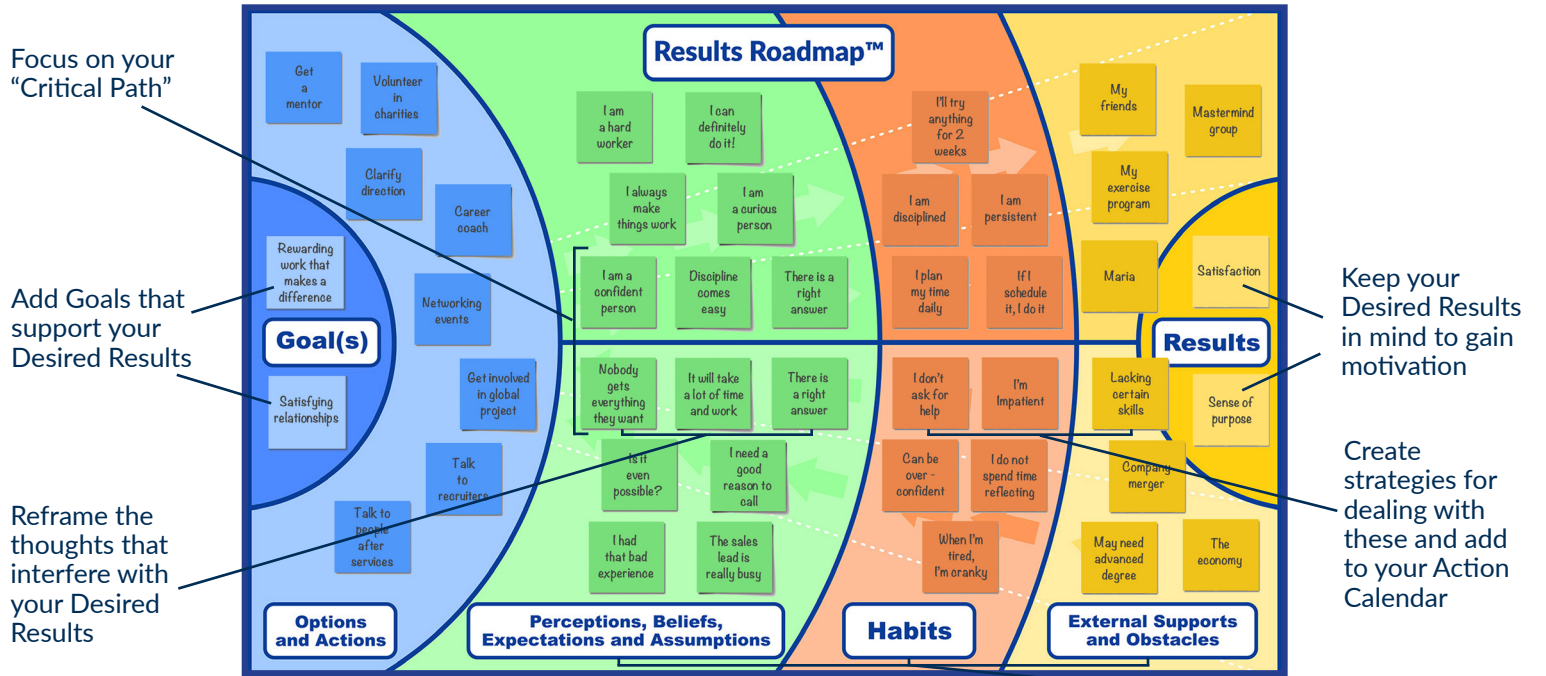
Use your Action Calendar as a living planning and accountability tool. Add items that represent the tasks that will reach the Goals that will yield your Desired Result. Be sure to include actions that leverage the items "above the line" and mitigate those "below the line." For some, actions such as meditation, exercise or daily task lists provide the foundation for moving beyond the aspects holding you back.

Mark Your Progress with Gold Stars

Use the gold stars provided to mark when you complete the items on your Action Calendar. You'll see a visual indicator of your progress. Notice if there are any patterns in how effective you are at completing the tasks. Do some weeks more consistent than others? Why?

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Quick Reference for Using Your Results Roadmap™



Continue to add thoughts, habits, supports, and obstacles as they become visible to you

Design actions that address the items in your Results Roadmap™ to achieve your Desired Results

Action Calendar			ThoughtAction
Timeframe	Targeted Actions	Actual Performance	
Week 1	Discuss plan w/Maria Meditate & work out 5x/wk	★ ★] Mark your progress with gold stars
Week 2	Call recruiter/find mentor "	★ ★ ★ ★	
Week 3	Attend networking event "		
Week 4	Investigate training "		
Week 5	Meet with global lead Increase meditation time		
Week 6	Mastermind group "		
Week 7	Attend networking event "		
Week 8	Find career coach "		
Week 9	Coffee with 3 contacts "		
Week 10	Find charity to try "		
Week 11	Decide training next steps Meditation class 3x/week		
Week 12	Reassess progress "		