

RIVAS

THE RESULTS PROCESS

NAME _____

DATE _____

RESULT - What do I want to create?

DUE DATE:

I choose to _____

SPECIFIC
MEASURABLE
ACHIEVABLE
REALISTIC
TIME-BASED

INTENTION

- What is my deepest intention or desire in creating this result?
(What speaks to my heart?)

I choose to create this because... _____

Because... _____

And... _____

And... _____

And... _____

VISUALIZATION - Picture yourself doing or having your result.

I can see myself... _____

And... _____

And... _____

And... _____

ACTIONS

- What are the specific, measurable, time-based actions that will create your result? ***Be SMART***

Due Date

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Continued on Back →

THE RESULTS PROCESS



ACTIONS — CONTINUED

Due Date

- | | |
|------------------------------------------------------------------------------------|-------|
| 8. _____ | _____ |
| 9. _____ | _____ |
| 10. _____ | _____ |
| 11. _____ | _____ |
| 12. Re-evaluate my RIVAS _____ | _____ |
| 13. Give a copy of this RIVAS to my support person _____ | _____ |
| 14. Integrate my due dates into my daily planning system (my calendar, or planner) | _____ |
| 15. Explain Support; Ask for and receive a commitment from a support person. | _____ |

Disciplines - What daily habits will I put in place to support me in my actions?

1. _____
2. _____
3. _____



SUPPORT - Determine what support you need to carry through with your actions.

What support will I need?

Think about what has stopped you from achieving your desired results in the past.
What actions could a support person take that would help you overcome these obstacles?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Who will I ask to be my support for this results process?

1. _____
2. _____
3. _____