



# GETTING RESULTS



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## Workshop Preparation Exercise: Getting Results

**Please complete this exercise before arriving to the workshop.** This is a confidential exercise that will not be turned in. It will not be shared with others, it is completely personal. Please feel free to be completely honest with yourself about the experiences you will explore below.

### A. Successful: A result that I am proud I achieved or obtained

- 1. Result:** Please write a successful result you have achieved. It can be a professional goal or result you've obtained or something personal you worked hard to achieve and have reached.

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Now, think about how you got to that result and write your answers to the following questions:

- 2. Behavior:** What types of actions did you take that contributed to achieving your result?

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- 3. Mood:** What type of mood states, emotions or feelings were prominent throughout the process that contributed to your end result?

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- 4. Thoughts:** What were prominent thoughts you had throughout this experience?

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- 5. Story:** What is the story you tell yourself and/or others about your result?

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## B. Unsuccessful: A result that I am disappointed I failed to achieve or attain

1. **Result:** Please write an unsuccessful result that you are disappointed you failed to achieve. It can be a professional goal or result you failed to obtain or a personal goal you attempted and did not reach.

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Now, think about how you got to that result and write your answers to the following questions:

2. **Behavior:** What types of actions did you take or not take that contributed to your end result?

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3. **Mood:** What mood states, emotions or feelings were prominent throughout the process that contributed to your end result?

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4. **Thoughts:** What prominent thoughts did you experience throughout the process that contributed to your end result?

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5. **Story:** What is the story you tell yourself and/or others about your result?

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