PRODUCTIVITY & PERFORMANCE

TONY ROBBINS

RAPID PLANNING METHOD

RPM LIFE MANAGEMENT SYSTEM SAMPLE FORMS

"Creating an extraordinary quality of life requires a paradigm shift from managing your time to managing your life."

— Tony Robbins

RPM: THE ART & SCIENCE OF CREATING AN EXTRAORDINARY LIFE

RESULTS-FOCUSED: A conscious decision to move toward and rapidly achieve a specific result.

PURPOSE-DRIVEN: The reasons that give an individual or organization the emotional drive to follow through in spite of opposition or difficulty.

MASSIVE ACTION PLAN: A flexible plan for taking action and producing consistent results.

SPECIAL OFFER FOR THE TIME OF YOUR LIFE® CUSTOMERS!

Congratulations on your purchase of *The Time of Your Life* audio system and most importantly, on your commitment to take your life to the next level, both personally and professionally! You've made a giant leap toward creating a life of lasting joy, happiness, fulfillment, and success as you begin to incorporate the RPM system into your daily life.

On the pages that follow, you will find a sample of some of the RPM forms that are found in the *RPM Life Planner System*. Use them to practice the RPM system that you learned in this product. Or, order your personalized *RPM Life Planner* today!

Take $25.00 OFF

As a *The Time of Your Life®* customer, to help you stay focused on a life of achievement and fulfillment, we are offering you a $25.00 discount. We will honor $25.00 off of your next purchase of any RPM product (excluding replacement products).

Take advantage of this offer today or by calling RPM Product Sales at 1.800.898.8669 x6290
(International: 858.535.9900 x6290) or by e-mail to:
productsales@tonyrobbins.com.

It's not enough to be busy.
The question is, what are we busy about?

–HENRY DAVID THOREAU

One coupon per customer. Not valid with any other coupon. Source Code 051395

The greatest thing in the world is not so much where we are, but in what direction we are moving.

– OLIVER WENDELL HOLMES

MY DRIVING FORCE

RPM RAPID PLANNING METHOD

MY VISION

(My Ultimate Vision for Who I'll Become)

MY PURPOSE

(My Ultimate Purpose)

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MY DRIVING FORCE

MY IDENTITY

(Who I Am and What I Stand For)

MY CODE OF CONDUCT

(The Standards I Hold Myself To Each Day No Matter What Happens)

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MY VALUES & RULES

(What's Most Important to Me)

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MY PASSIONS

WHAT I LOVE

WHAT I HATE

(What I Won't Stand For in My Life)

WHAT EXCITES & DRIVES ME

(What I'm Most Passionate About)(

WHAT I'M COMMITTED TO

The Results I Must Achieve)

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MY CATEGORIES OF IMPROVEMENT

RPM RAPID PLANNING METHOD

PERSONAL CATEGORIES OF IMPROVEMENT

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

PROFESSIONAL CATEGORIES OF IMPROVEMENT

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Notes

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Master Commit

Personal and Professional Results for:_____

January	February	March	April	May	June

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MASTER COMMITMENTS

Master Commit

Personal and Professional Results for:_____

January	February	March	April	May	June

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Results • Outcomes

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RPM RAPID PLANNING METHOD

RPM DAILY MASTER PLAN

1

FRIDAY
January 1, 2017

THE FIVE MASTER STEPS:
1. Capture Outcomes, Results, Actions, Projects, etc.
2. Create Your RPM Master Plan
3. Commit to Block Time
4. Schedule It
5. Complete, Measure and Celebrate

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

Capture: Outcomes • Results • Actions • Projects

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Capture: Communications • Follow-Ups

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Commit to Block Time and Schedule It

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RPM RAPID PLANNING METHOD

"The great thing in this world is not so much where we stand, as in what direction we are moving."
—Oliver Wendell Holmes

New Year's Day / Last Day of Kwanzaa

FRIDAY
January 1, 2017

1

Lev	Dur	Pri	Massive Action Plan	Result • Outcome	Purpose

Total Est. Time: _____ Total Must Time: _____ Actual Time:

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RPM RAPID PLANNING METHOD

RPM DAILY MASTER PLAN

2

SATURDAY
January 2, 2017

THE FIVE MASTER STEPS:
1. Capture Outcomes, Results, Actions, Projects, etc.
2. Create Your RPM Master Plan
3. Commit to Block Time
4. Schedule It
5. Complete, Measure and Celebrate

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

Capture: Outcomes • Results • Actions • Projects

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Capture: Communications • Follow-Ups

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RPM DAILY MASTER PLAN

RPM RAPID PLANNING METHOD

"Willpower by itself is not enough. If we want to achieve lasting change, we must have an effective strategy."
—Tony Robbins

SATURDAY
January 2, 2017
2

Lev	Dur	Pri	Massive Action Plan	Result • Outcome	Purpose

Total Est. Time: _____ Total Must Time: _____ Actual Time:

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RPM RAPID PLANNING METHOD

RPM DAILY MASTER PLAN

3

SUNDAY
January 3, 2017

THE FIVE MASTER STEPS:
1. Capture Outcomes, Results, Actions, Projects, etc.
2. Create Your RPM Master Plan
3. Commit to Block Time
4. Schedule It
5. Complete, Measure and Celebrate

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

Capture: Outcomes • Results • Actions • Projects

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Capture: Communications • Follow-Ups

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RPM RAPID PLANNING METHOD

"There are no foolish questions, and no man becomes a fool until he has stopped asking questions."
—Tony Robbins

SUNDAY
January 3, 2017

3

Lev	Dur	Pri	Massive Action Plan	Result • Outcome	Purpose

Total Est. Time: _____ Total Must Time: _____ Actual Time:

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RPM RAPID PLANNING METHOD

RPM DAILY MASTER PLAN

4

MONDAY
January 4, 2017

THE FIVE MASTER STEPS:
1. Capture Outcomes, Results, Actions, Projects, etc.
2. Create Your RPM Master Plan
3. Commit to Block Time
4. Schedule It
5. Complete, Measure and Celebrate

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

Capture: Outcomes • Results • Actions • Projects

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Capture: Communications • Follow-Ups

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RPM DAILY MASTER PLAN

RPM RAPID PLANNING METHOD

"A pessimist makes difficulties of his opportunities; an optimist makes opportunities of his difficulties."
—Harry Truman

MONDAY 4
January 4, 2017

Lev	Dur	Pri	Massive Action Plan	Result • Outcome	Purpose

Total Est. Time: _____ Total Must Time: _____ Actual Time:

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RPM RAPID PLANNING METHOD

RPM DAILY MASTER PLAN

5

TUESDAY
January 5, 2017

THE FIVE MASTER STEPS:
1. Capture Outcomes, Results, Actions, Projects, etc.
2. Create Your RPM Master Plan
3. Commit to Block Time
4. Schedule It
5. Complete, Measure and Celebrate

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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

Capture: Outcomes • Results • Actions • Projects

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Capture: Communications • Follow-Ups

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RPM DAILY MASTER PLAN

RPM RAPID PLANNING METHOD

"It's in your moments of decision that your destiny is shaped."
—Tony Robbins

TUESDAY
January 5, 2017

5

Lev	Dur	Pri	Massive Action Plan	Result • Outcome	Purpose

Total Est. Time: _____ Total Must Time: _____ Actual Time:

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RPM RAPID PLANNING METHOD

RPM DAILY MASTER PLAN

6

WEDNESDAY
January 6, 2017

THE FIVE MASTER STEPS:
1. Capture Outcomes, Results, Actions, Projects, etc.
2. Create Your RPM Master Plan
3. Commit to Block Time
4. Schedule It
5. Complete, Measure and Celebrate

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24/31	25	26	27	28	29	30

Capture: Outcomes • Results • Actions • Projects

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Capture: Communications • Follow-Ups

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Commit to Block Time and Schedule It

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RPM DAILY MASTER PLAN

RPM RAPID PLANNING METHOD

"It's in your moments of decision that your destiny is shaped."
—Tony Robbins

WENESDAY
January 6, 2017

6

Lev	Dur	Pri	Massive Action Plan	Result • Outcome	Purpose

Total Est. Time: _____ Total Must Time: _____ Actual Time:

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RPM RAPID PLANNING METHOD

WEEKLY MASTER PLAN

Committed Block of Time for the Week Of:_____

Role	RPM Block # • Outcome • Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

WEEKLY MASTER PLAN

RPM RAPID PLANNING METHOD

Roles and Results for the Week Of:______________________________

Categories/Roles	Massive Action Plan	Result/Outcome – Purpose

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RPM Capture for the Week Of:_____

Capture Ideas, Wants and Needs	
Outcomes • Actions • Results • Project	Communications

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Who you spend your time with
is who you become.

– TONY ROBBINS

RPM RAPID PLANNING METHOD

WEEKLY MASTER PLAN

Committed Block of Time for the Week Of:_____

Role	RPM Block # • Outcome • Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

WEEKLY MASTER PLAN

RPM RAPID PLANNING METHOD

Roles and Results for the Week Of:__________________________

Categories/Roles	Massive Action Plan	Result/Outcome – Purpose

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RPM Capture for the Week Of:_____

Capture Ideas, Wants and Needs	
Outcomes • Actions • Results • Project	Communications

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It’s not the lack of resources that stops you, it’s your lack of resourcefulness.

– TONY ROBBINS

RPM RAPID PLANNING METHOD

PROJECT PLAN

RPM Plan for Project: _____

Lev	Dur	Pri	Massive Action Plan	Result • Outcome	Purpose

Total Est. Time: _____ **Total Must Time:** _____ **Actual Time:** _____

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PROJECT PLAN

RPM RAPID PLANNING METHOD

Committed Block Time for the Project: ____________________

Project: ____________________

Project Timeline

Commit to Block Time

Results • Actions

Resources

Results

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RPM Plan for the Project:_____

LevD	ur	Comp	Pri	Key Results	Ult. Result	Ult. Purpose

Total Est. Time: _____Total Must Time: _____Actual Time: _____

Capture	
Communications	Outcomes • Actions • Results • Projects

Progress = Happiness

– TONY ROBBINS

RPM RAPID PLANNING METHOD

PROJECT PLAN

RPM Plan for Project: _____

Lev	Dur	Pri	Massive Action Plan	Result • Outcome	Purpose

Total Est. Time: _____ **Total Must Time:** _____ **Actual Time:** _____

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RPM RAPID PLANNING METHOD

Committed Block Time for the Project: _____

Project: _____

Project Timeline

Commit to Block Time

| Results • Actions | | |

RPM Plan for the Project:_____

LevD	ur	Comp	Pri	Key Results	Ult. Result	Ult. Purpose

Total Est. Time: _____Total Must Time: _____Actual Time: _____

Capture	
Communications	Outcomes • Actions • Results • Projects

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JOURNAL

RPM RAPID PLANNING METHOD

Date: Who:

Preplan or Summary:

Results/ResolutionC	ommitments/Promises	Follow-Up: Who/When

☐ Journal ☐ MeetingC ☐ ommunication

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RPM RAPID PLANNING METHOD

JOURNAL

Date: Who:

Preplan or Summary:

Results/ResolutionC	ommitments/Promises	Follow-Up: Who/When

☐ Journal ☐ MeetingC ☐ ommunication

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JOURNAL

RPM RAPID PLANNING METHOD

Date: Who:

Preplan or Summary:

Results/ResolutionC	ommitments/Promises	Follow-Up: Who/When

☐ Journal ☐ MeetingC ☐ ommunication

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RPM RAPID PLANNING METHOD

JOURNAL

Date: Who:

Preplan or Summary:

Results/ResolutionC	ommitments/Promises	Follow-Up: Who/When

☐ Journal ☐ MeetingC ☐ ommunication

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JOURNAL

RPM RAPID PLANNING METHOD

Date: Who:

Preplan or Summary:

Results/ResolutionC	ommitments/Promises	Follow-Up: Who/When

☐ Journal ☐ MeetingC ☐ ommunication

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RPM RAPID PLANNING METHOD

JOURNAL

Date: Who:

Preplan or Summary:

Results/ResolutionC	ommitments/Promises	Follow-Up: Who/When

☐ Journal ☐ MeetingC ☐ ommunication

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JOURNAL

RPM RAPID PLANNING METHOD

Date: Who:

Preplan or Summary:

Results/ResolutionC	ommitments/Promises	Follow-Up: Who/When

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RPM RAPID PLANNING METHOD

JOURNAL

Date: Who:

Preplan or Summary:

Results/ResolutionC	ommitments/Promises	Follow-Up: Who/When

☐ Journal ☐ MeetingC ☐ ommunication

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JOURNAL

RPM RAPID PLANNING METHOD

Date: Who:

Preplan or Summary:

Results/ResolutionC	ommitments/Promises	Follow-Up: Who/When

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RPM RAPID PLANNING METHOD

JOURNAL

Date: Who:

Preplan or Summary:

Results/ResolutionC	ommitments/Promises	Follow-Up: Who/When

☐ Journal ☐ MeetingC ☐ ommunication

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Spend more time with the solution than with the problem.

– TONY ROBBINS

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