



**Step Three - Create your RPM Blocks:** Pick an area that is of most concern to you and create an RPM Block for that area. Name your block and list the results you want. Now write down the purpose behind that result – why is it so important to you? This is where you put your compelling reasons from the questions above. Again, these reasons are the key for how to get motivated. Lastly, create the sequence of priority actions that will lead to your result; your Massive Action Plan.

Name your plan \_\_\_\_\_

Massive Action Plan	Results	Purpose

**Congratulations – You’ve made your first block. By understanding what you want and need, you’ll be able to overcome the temptation of procrastination and become less stressed. Make it a habit to do this kind of triage every week. Instead of spending energy thinking about how to stop procrastinating, you’ll find that even the scariest tasks become manageable because you know what’s motivating to you.**