

Rapid Planning Method (RPM) Plan

What do I really want? What outcome am I after? What's the **specific measurable result**? The more precise, the stronger it is. (For example: There's a difference between "I want to lose weight" and "I want to lose 15 pounds.")



What's my **purpose**? What are my reasons? The emotional quality of purpose makes what you will powerful.

a.) What kind of trigger words really motivate you to reach your goal? What words really make you want to do something? For example, let's say you want to lose weight not only because you want to feel better and have more energy, but you also want to look better. Trigger words attached to looking good and fit can be sexy, desirable, knockout, or head-turning. These are the kinds of words that can give you a high level of energy and enthusiasm.



What do I need to do? What's my **massive action plan**? Not just one or two things. Brainstorm a bunch of ideas. What are all the possibilities, so I can later decide which one has the most power?



RPM Plan

Step 1 – Capture process:

Use the space below to **capture** the things that you MUST accomplish this week. Consider this a dumping ground for your thoughts. Keep in mind that human beings can only focus on a limited number of tasks (5-9 items) at one time.



RPM Plan

Step 2 – Start the chunking process:

Look for commonalities amongst your capture list. What items relate to the same common area of life mastery: health, meaning & emotions, relationships, time, work/school, finances, and spirituality? For example, you have a problem with a romantic partner, have neglected to get in touch with a friend you've been thinking about, and have an upcoming family function to get ready for. These items could fall under the general area of "Relationships."

A) _____

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



B) _____

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



C) _____

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



RPM Plan

Step 3 – Create your own RPM blocks

Review the areas you chunked in step 2. Pick an area that is of **most concern** to you and create an RPM Block for that area:

- 1) Write the results you're hoping for in that life area in the result section.
- 2) Write down your purpose (compelling reasons why you want to accomplish the result) in the purpose section.
- 3) **Lastly**, write down a series of priority actions under the Massive Action Plan section on how you can achieve the results.

RPM Block - _____

	Massive Action Plan	Result	Purpose
1			
2			
3			
4			
5			
6			
7			

RPM Block - _____

	Massive Action Plan	Result	Purpose
1			
2			
3			
4			
5			
6			
7			