

### **TONY ROBBINS**



"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!

ongratulations 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!



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?

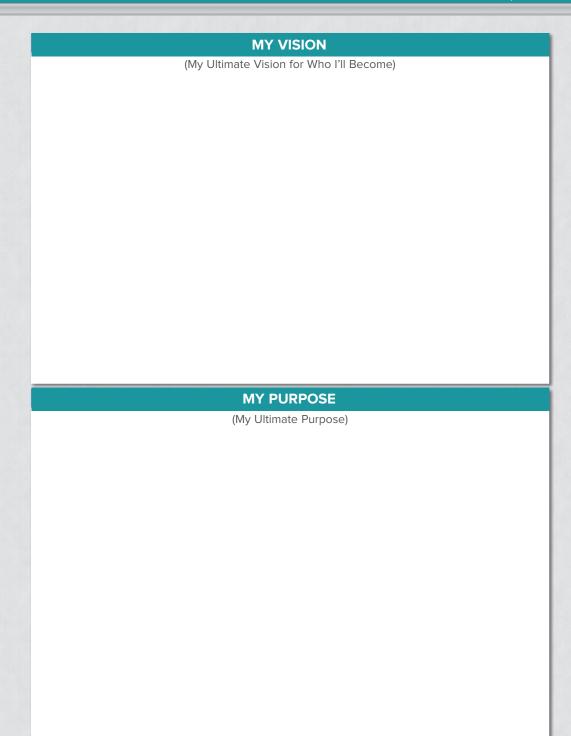
-HENRY DAVID THOREAU

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

- OLIVER WENDELL HOLMES

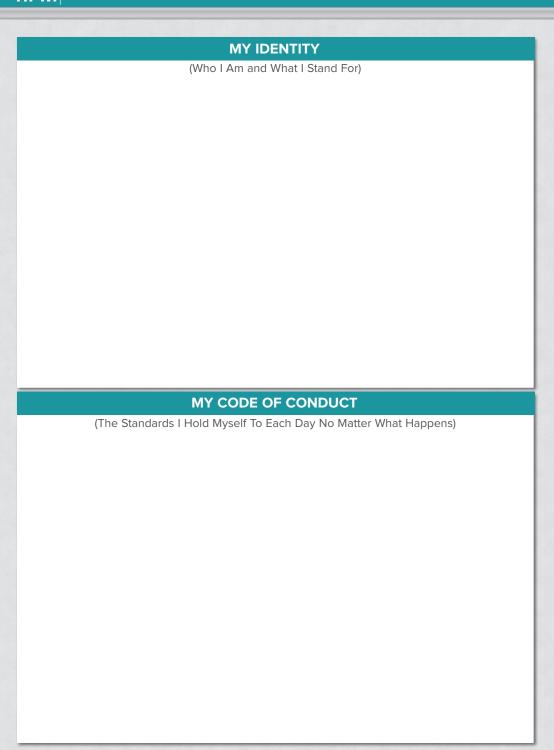
### MY DRIVING FORCE







### MY DRIVING FORCE



### MY VALUES AND RULES



# **MY VALUES & RULES** (What's Most Important to Me)

WHAT I LOVE	WHAT I HATE
	(What I Won't Stand For in My Life)
WHAT EXCITES & DRIVES ME	WHAT I'M COMMITTED TO
(What I'm Most Passionate About)(	The Results I Must Achieve)

### MY CATEGORIES OF IMPROVEMENT



	PERSONAL CATEGORIES OF IMPROVEMENT
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### MY CATEGORIES OF IMPROVEMENT

Notes



# Master Commit Personal and Professional Results for:\_\_\_\_\_\_

June					
Мау					
April					
March					
February					
January					



# Master Commit Personal and Professional Results for:\_\_\_\_\_\_

June					
Мау					
April					
March					
February					
January					

### JANUARY 2017



Results • Outcomes



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

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Capture: Outcomes • Results • Actions • Projects	Commit to Block Time and Schedule It
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"The great thing in this world is not so much where we stand, as in what direction we are moving." —Oliver Wendell Holmes

**FRIDAY** January 1, 2017

New Year's Day / Last Day of Kwanzaa Massive Action Plan

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_	Тс	otal Est. Time: Total M	lust Time:	Actual Time:



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

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"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

Lev	Dur	Pri	Massive Action Plan	Result • Outcome	Purpose
		Т	otal Est. Time: Total M	lust Time:	Actual Time:



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

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

SUNDAY January 3, 2017

Lev	Dur	Pri	Massive Action Plan	Result • Outcome	Purpose			
		Тс	Total Est. Time:					



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

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"A pessimist makes difficulties of his opportunities; an optimist makes opportunities of his difficulties." —Harry Truman MONDAY January 4, 2017

Lev	Dur	Pri	Massive Action Plan	Result • Outcome	Purpose
		Т	otal Est. Time: Total N	flust Time:	_ Actual Time:



### 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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"It's in your moments of decision that your destiny is shaped."

—Tony Robbins

TUESDAY January 5, 2017

Lev	Dur	Pri	Massive Action Plan	Result • Outcome	Purpose
		Т	otal Est. Time: Total M	lust Time:	Actual Time:



### 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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"It's in your moments of decision that your destiny is shaped."

—Tony Robbins

WENESDAY January 6, 2017

Lev	Dur	Pri	Massive Action Plan	Result • Outcome	Purpose		
	Total Est. Time: Total Must Time: Actual Time:						





Committed Block of Time for the Week Of:\_\_\_\_

	RPM Block # • Outcome • Action	Mon	Tues	Wed	Thurs	Ë	Sat	Sun
Total Daily Time/Daily Must Time:								

### WEEKLY MASTER PLAN



### Roles and Results for the Week Of:\_

Categories/Roles	Massive Action Plan	Result/Outcome – Purpose





RPM Capture for the Week Of:\_

Capture Ideas, V	Vants and Needs
Capture Ideas, V Outcomes • Actions • Results • Project	Communications
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# Who you spend your time with is who you become.

- TONY ROBBINS





Committed Block of Time for the Week Of:\_\_\_\_

	RPM Block # • Outcome • Action	Mon	Tues	Wed	Thurs	Ë	Sat	Sun
Total Daily Time/Daily Must Time:								

### WEEKLY MASTER PLAN



### Roles and Results for the Week Of:\_

Categories/Roles	Massive Action Plan	Result/Outcome – Purpose





RPM Capture for the Week Of:\_

Capture Ideas, V	Vants and Needs
Capture Ideas, V 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 Plan for Project:

Lev	Dur	Pri	Massive Action Plan	Result • Outcome	Purpose
Т	ota	l Es	t. Time: Total Must Ti	me:Actual Tim	ne:

**Committed Block Time for the Project:** Project: Results • Actions Commit to Block Time **Project Timeline** Resources Results





### RPM Plan for the Project:\_

LevD	ur	Comp	Pri	Key Results	Ult. Result	Ult. Purpose
Total	Est. T	ime: _		Total Must Time:	Actual Time:	

<u>Capture</u>		
Communications	Outcomes • Actions • Results • Projects	

# Progress = Happiness

- TONY ROBBINS





RPM Plan for Project:

Lev	Dur	Pri	Massive Action Plan	Result • Outcome	Purpose
Т	Total Est. Time:Actual Time:Actual Time:				



Committed Block Time for the Project: Project: Commit to Block Time Project Timeline



#### RPM Plan for the Project:\_

LevD	ur	Comp	Pri	Key Results	Ult. Result	Ult. Purpose
Total	Total Est. Time:Total Must Time:Actual Time:					

Capture			
Communications	Outcomes • Actions • Results • Projects		

Date:	Who:			
Preplan or Summary:				
Results/ResolutionC	ommitments/Promises	Follow-Up: Who/When		
Journal	■ MeetingC	ommunication		



Date:	Who:	
Preplan or Summary:		
Results/ResolutionC	ommitments/Promises	Follow-Up: Who/When
Journal	MeetingC	ommunication



Date:	Who:			
Preplan or Summary:				
Results/ResolutionC	ommitments/Promises	Follow-Up: Who/When		
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Preplan or Summary:		
Results/ResolutionC	ommitments/Promises	Follow-Up: Who/When
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Date:	Who:			
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Results/ResolutionC	ommitments/Promises	Follow-Up: Who/When		
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Results/ResolutionC	ommitments/Promises	Follow-Up: Who/When
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Date:	Who:	
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Results/ResolutionC	ommitments/Promises	Follow-Up: Who/When
Journal	■ MeetingC	ommunication

# Spend more time with the solution than with the problem.

- TONY ROBBINS

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