



SDS PODCAST

EPISODE 158

FIVE MINUTE

FRIDAY:

RAPID PLANNING

METHOD



This is FiveMinuteFriday, episode number 158, the Rapid Planning Method. Welcome to the Super Data Science podcast, ladies and gentlemen. If you're new, welcome, welcome, welcome. If you've been with us for a while, then welcome back. Today, I wanted to say that it's that time of the year again. It's May, and Tony Robbins is bringing Date with Destiny to Australia. If you've been with the podcast for over a year, you'll know that last May, in 2017, I went to Date with Destiny in Gold Coast and had an amazing time. It was a fantastic event. Six days of super intense work, of super intense self-discovery, self-exploration, 10-12 to sometimes 14 hours per day, sometimes we were finishing past midnight. I'm going this year again. Very, very much looking forward to it. If you're going to be there, then stop by, say hi.

Today's podcast is about something that Tony Robbins teaches. This is about the Rapid Planning Method. I totally understand that not everybody can be at a Date with Destiny event, whether it's location, time, finance. There's many reasons why one of these might not be accessible. However, what I wanted to point out is that just recently, I discovered for myself the Tony Robbins Breakthrough app. This is an app where you can get a lot of the things that Tony Robbins teaches at his events and through his books and other ways. You can get them on an app. It's available on the App Store, so for Apple, and it's available for Android on Google Play. The best part is that I've already learned quite a few things from there and I haven't paid a cent. You can get the app, and there's a lot of free content there that you can learn if you don't want to purchase any courses, which are quite expensive. Let's be honest, they're in the hundreds or thousands of dollars sometimes.

But even if you don't want to purchase them, there's a lot of free content that you can already pick up some things from. Today, I wanted to give you an example of one of those things that I learned from this app that we're actually deploying to the whole business of Super Data Science. Everybody or the whole team in Super Data Science is focusing or has been focusing in

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this month of May on learning this specific technique because it is so powerful. Here we go. The technique is called or the method is called the Rapid Planning Method, or the RPM. What it's all about is about how you go about setting your goals, whether it's for the day, the week, the month, the year, and how you go about achieving them. It's a method that will enable you to get things done, to get things done better, faster, more efficiently, and have fun and meaning in your life along the way.

That's what I really love about it, all those things combined, and its simplicity as well. Again, the abbreviation is RPM, Rapid Planning Method. But, the abbreviation can also be used to help remember what the method is all about, how to break down the method, what the steps in the method are. There are three steps. The first step is the R, which is result, right? A lot of the time, when we create our to-do lists, we focus on the actions. Have a meeting with so and so, or read this book, or go here, or work on this project, or spend some time writing this, or write this for three hours, or something like that. A lot of the time, we get caught up thinking of the actions. But, this method teaches you about looking at it in a different way. It teaches you to think about the results, about what outcome do you actually want from this project or from this activity or from this meeting.

If you think about it that way, it's a completely different story. For instance, instead of saying, "Have a meeting with Michael," you say, "Meet with Michael and get clarity on x, y, and z," or, "Decide this," or, "Decide that." Or, for instance, instead of saying, "Work on the website design," you will say, "Have a completed website design by 5:00 PM Thursday." That's the final outcome that you actually want, that's what you're aiming for. It doesn't matter how you get there. The actions, they can change. There's lots of different ways to get to the destination. You need to write down the destination that you're looking for, that you're aiming to get to as your outcome. That's the R. It stands for result. The next one is probably the most important one. It's the purpose.



P stands for purpose. What does that mean? Well, you need a purpose for doing something. If you're doing something, like, say you're creating a design for a website, or for instance, let's say in data science. You're creating a model. Have this model created. Your result is have this model, have the logistic model ready and tested by Thursday, 5:00 PM. That's great. That's a great result. But, what's the purpose behind that? Is there a purpose? If nobody is ever going to use that model, if nobody is ever going to get benefit from it, or you're not going to learn anything in the process, or you're not going to impact anybody's life, if you just create a model for the sake of creating a model and there's no purpose to it, then you're not going to be driven to do it. As soon as challenges come up, you're going to say to yourself, "Well, this is not important anyway. Nobody cares. I'm not learning anything. Nobody is going to use this model. It's not going to impact anybody." You're going to drop it or procrastinate. You're not going to find the power to go through it.

The purpose is what gets you through, keeps you pushing when times are tough, when the challenges come up. In this case, for instance, let's say you're creating a model so that your business can serve your customers better. Your purpose would be so that our customers get amazing, fantastic service. Or, for instance, the purpose could be that you're training, you're just practicing, you're learning. You could say, "So that I learn how to create logistic regression models very well," or, "I become very proficient at logistic regression models and empower my career." What you will feel through these two examples that I gave is that the purpose has to be emotional, right? A lot of the time, people get caught up, and we saw this in our business as well. People get caught up in writing the purpose as the next step, so create a logistic regression model so that we can deploy it, and so on. That's just the next step. That's mechanical.



The purpose has to be, what is the end benefit for the world, for you, for others, for friends, for anything? What's the final benefit that you envision with this project? It has to be something that's emotional, that will trigger a fire in your heart when you read it. That is what's going to push you forward. The first one, the result, is the what. The P, the purpose, is the why, right. Why are we doing this in the first place? What's the point of this? In fact, the purpose is actually 80% of your success. If you have a great purpose, that you know why you're doing it, then that's going to push you to find ways how to do it. This brings us to the third and final step, is the M, which stands for Massive Action Plan, or in short, MAP. Tony Robbins abbreviates it to MAP as well.

The Massive Action Plan is what actions do you need to get there? It's the how. You have the what, you have the why, and finally, you get to the how. As you can see, the how is at the end. A lot of the time, we get caught up in creating to-do lists that are all about the how, have a meeting, do this and that, and spend time on this, read this book, and so on. But, in the RPM method, the how is actually at the very end. It's the least important part. Because if you have a great result that you're aiming for, clear result, the point of the result has to be very, very clear. For instance, Tony Robbins gives this example, lose some weight is not a clear enough result because it doesn't have a deadline and it doesn't have how much the weight you want to lose. Well, you lost one pound, there you go, you're done, you lost some weight. What about lose 15 pounds by 30th of July? That's a very clear result. Or make more money. Are you making an extra dollar? There you go, that's done.

Again, it doesn't have a deadline, doesn't have clarity around it. How much more money? Or, how about earn an extra \$10000 by 1st of August? That's much clearer. Your result has to be clear, your purpose has to be something meaningful and something emotional, something that's going to push you forward, something that's going to inspire you. Then, finally, your how, your action. Well, once you have those first two, your brain will figure

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out ways to come up with actions. You will have the flexibility, the room to explore different ways. There's lots of ways to getting to one goal as we discussed. There's not just one way to get to that goal that you want, right. As long as you have a goal and you have that fuel, which is the emotion which is fueling your power to get there, to get forward, to go and keep pushing through challenging times, you will find ways to get there.

That's why the Massive Action Plan is just like 20% of your success. 80% is the purpose, 20% is the how you get there. A lot of the time, we get confused and we focus too much on how we get there. That really limits our scope, that limits our vision, and we're focused on doing this one thing. We think that the only way to, I don't know, to building this logistic regression model is to perform x, y, and z steps that we've predefined ourselves. But if you set yourself that goal and a purpose, then you'll find many different ways to get there and then you can pick the fastest and most efficient one. That's the Rapid Planning Method in a nutshell. That was a very quick explanation for the sake of this FiveMinuteFriday. You can learn more about it in the free content over the Breakthrough app, which I highly recommend.

Even if you don't want to get the Breakthrough app, that's totally cool as well because this method is available on YouTube. There's a YouTube video. There's a couple. But, when you search for Rapid Planning Method Tony Robbins, look for the one that's not eight minutes, but the one that's 15 minutes. The eight minutes is like, I don't know why they cut it in half. That's just a short version or it's just cut version. Find the one that's 15 minutes long or about 15 or 17 minutes long. That's the one that you want. He explains the same thing that I just described in his own words, and much more in detail, and much more emotional, and you'll feel the power of it.

Once again, this is ... I found it an extremely powerful method for myself. I'm learning now how to think differently, how to use this method to allow



my brain to think in terms of results rather than actions, and all of the Super Data Science team, which is like 20 people or almost 20 people, we are all focusing on that as well. We are all focusing on thinking of results, purpose, and Massive Action Plan. Hope you enjoyed this. I am sure if you adopt it in your career, it will skyrocket everything you do and how you get things done. I look forward to seeing you back here next time. Until then, happy analyzing.