



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

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

– OLIVER WENDELL HOLMES

MY VISION

(My Ultimate Vision for Who I'll Become)

MY PURPOSE

(My Ultimate Purpose)

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)

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 Most Passionate About)

WHAT I'M COMMITTED TO

(The Results I Must Achieve)

PERSONAL CATEGORIES OF IMPROVEMENT

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

PROFESSIONAL CATEGORIES OF IMPROVEMENT

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

[illegible]

Personal and Professional Results for: _____

[illegible]

[illegible]

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

1

FRIDAY
January 1, 2010

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		Commit to Block Time and Schedule It	
<input type="checkbox"/>		1	
<input type="checkbox"/>		2	
<input type="checkbox"/>		3	
<input type="checkbox"/>		4	
<input type="checkbox"/>		5	
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<input type="checkbox"/>		7	
<input type="checkbox"/>		8	
<input type="checkbox"/>		9	
<input type="checkbox"/>		10	
<input type="checkbox"/>		11	
<input type="checkbox"/>		12 Noon	
<input type="checkbox"/>		1	
<input type="checkbox"/>		2	
<input type="checkbox"/>		3	
<input type="checkbox"/>		4	
<input type="checkbox"/>		5	
<input type="checkbox"/>		6	
<input type="checkbox"/>		7	
<input type="checkbox"/>		8	
<input type="checkbox"/>		9	
<input type="checkbox"/>		10	
<input type="checkbox"/>		11	
<input type="checkbox"/>		12 Midnight	

"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, 2010

1

[illegible]

2 SATURDAY
January 2, 2010

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		Commit to Block Time and Schedule It	
<input type="checkbox"/>		1	
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<input type="checkbox"/>		9	
<input type="checkbox"/>		10	
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<input type="checkbox"/>		12 Noon	
<input type="checkbox"/>		1	
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<input type="checkbox"/>		9	
<input type="checkbox"/>		10	
<input type="checkbox"/>		11	
<input type="checkbox"/>		12 Midnight	

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

SATURDAY
January 2, 2010 **2**

[illegible]

3 SUNDAY
January 3, 2010

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

[illegible]

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

SUNDAY
January 3, 2010

[illegible]

4 MONDAY
January 4, 2010

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
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S	M	T	W	T	F	S
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Capture: Outcomes • Results • Actions • Projects		Commit to Block Time and Schedule It	
<input type="checkbox"/>		1	
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<input type="checkbox"/>		10	
<input type="checkbox"/>		11	
<input type="checkbox"/>		12 Midnight	

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

MONDAY 4
January 4, 2010

[illegible]

5 TUESDAY
January 5, 2010

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

[illegible]

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

TUESDAY
January 5, 2010

[illegible]

Date: _____ Who: _____

Preplan or Summary:

Results/Resolution	Commitments/Promises	Follow-Up: Who/When

Journal

■ Meeting

■ Communication

Date: _____ Who: _____

Preplan or Summary:

Results/Resolution	Commitments/Promises	Follow-Up: Who/When

Journal

■ Meeting

■ Communication

Date: _____ Who: _____

Preplan or Summary:

Results/Resolution	Commitments/Promises	Follow-Up: Who/When

■ Communication

■ Communication

Date: _____ Who: _____

Preplan or Summary:

Results/Resolution	Commitments/Promises	Follow-Up: Who/When

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■ Communication

Date: _____ Who: _____

Preplan or Summary:

Results/Resolution	Commitments/Promises	Follow-Up: Who/When

Journal

■ Meeting

■ Communication

Date: _____ Who: _____

Preplan or Summary:

Results/Resolution	Commitments/Promises	Follow-Up: Who/When

Journal

■ Meeting

■ Communication

Follow-Up: Who/When

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