



**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](mailto: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 COMMITTED TO

(What I'm Most Passionate About)

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. \_\_\_\_\_

















**3** 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

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	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 _____
<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 Noon _____
<input type="checkbox"/> _____	1 _____
<input type="checkbox"/> _____	2 _____
<b>Capture: Communications • Follow-Ups</b>	3 _____
<input type="checkbox"/> _____	4 _____
<input type="checkbox"/> _____	5 _____
<input type="checkbox"/> _____	6 _____
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<input type="checkbox"/> _____	8 _____
<input type="checkbox"/> _____	9 _____
<input type="checkbox"/> _____	10 _____
<input type="checkbox"/> _____	11 _____
<input type="checkbox"/> _____	12 Midnight _____







**5** 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

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	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 _____
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<input type="checkbox"/> _____	10 _____
<input type="checkbox"/> _____	11 _____
<input type="checkbox"/> _____	12 Noon _____
<input type="checkbox"/> _____	1 _____
<input type="checkbox"/> _____	2 _____
<b>Capture: Communications • Follow-Ups</b>	3 _____
<input type="checkbox"/> _____	4 _____
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<input type="checkbox"/> _____	8 _____
<input type="checkbox"/> _____	9 _____
<input type="checkbox"/> _____	10 _____
<input type="checkbox"/> _____	11 _____
<input type="checkbox"/> _____	12 Midnight _____













Who you spend your time with  
is who you become.

– TONY ROBBINS







It's not the lack of resources  
that stops you, it's your lack  
of resourcefulness.

– TONY ROBBINS







Progress = Happiness

– TONY ROBBINS



























Spend more time with the solution  
than with the problem.

– TONY ROBBINS

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