

Rapid Planning Method (RPM)

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The Rapid Planning Method, as its creator Tony Robbins points out, is a system of thinking — not a time management technique _____.

_____, RPM helps you stay focused on a particular outcome by guiding you through different steps to make it happen. Instead of doing more and more, the emphasis is on deciding precisely what to do and doing it right. The RPM system _____ your focus on what you want to achieve, i.e. the final outcome. This way, you can _____ aside all the nuisances and problems that come along the way.

How it works:

- 1. Capturing your thoughts:** Write down all the tasks you need to _____ accomplish this week.
- 2. Chunking:** “Chunk” your tasks together by commonalities. Which items are personal? School-related? Career-focused?
- 3. Create your own RPM blocks:** On the top of a new sheet of paper, make three columns: the task, the result you want from completing that task, and your purpose for completing it. Next, list the actions you can take to get there.
- 4. Create an empowering role for yourself:** If you’re a student, you might call yourself the “Study Queen.” Anything that will get you _____ about completing your goal.

RAPID PLANNING METHOD

Results-Oriented:



What Do I Really Want?

Purpose-Driven:



Why Does It Matter To Me?

Massive Action Plan:



How Will I Achieve It?