



WIL Office

# Rapid Planning Method

How to become successful



# Agenda

01

**What is  
RPM?**

02

**WHY RPM?**

03

**HOW RPM  
Works**

04

**Example  
and  
Application  
in the WIL  
Office**

# Success, self-empowerment

"Our goals affect us...If we don't consciously plant the seeds of what we want in the gardens of our minds, we will end up with weeds" -Giesinger, 2018

Image retrieved from

<https://positivelypresent.com/2017/01/want.html>



**R**

**Results**

**P**

**Purpose**

**M**

**Massive  
Action**

# Results: What?

**Precision**

**What do  
you want to  
achieve?**

**Vision**

**Create  
your  
success**

“

**Shallow men believe in luck and  
circumstances. Strong men [sic]  
believe in cause and effect"**

Ralph Waldo Emerson

# Purpose: WHY?

Not should but a  
must

Raising your  
standards

Emotions

# Massive Action: How?

Get things  
done

Being  
empowered by  
your own  
actions,  
decisions,  
choices

"Decide what  
it's going to be,  
who you're  
going to be, and  
how you want to  
do it"

Giesinger, 2018



## **RPM Block – Health (lose weight)**

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### **Massive Action Plan**

### **Result**

### **Purpose**

- 1) Start researching effective diet strategies – today!
- 2) Make an appointment with a doctor to consult on safe choices of diet
- 3) Pick the best diet for myself and start following it
- 4) Shop at Whole Foods for healthier options
- 5) Shop for a pair of walking, running, or exercise sneakers
- 6) Hire a trainer for 3x a week workouts

Lose 30 pounds  
in the next 90 days

To have more  
energy

To feel better  
about myself

To turn heads  
like I did  
before

**Tony Robbins, n.d.**

# Application in the WIL Office

Create your Team-Based Tool for RPM

# References

Giesinger, V. (2018). The way to a better day: Dedicated to those hungry for more. Author House.

Robbings, T. (n.d.). Workbook for rapid planning method (RPM). Retrieved from <https://www.tonyrobbins.com/pdfs/Workbook-Time-of-your-Life.pdf>