

Rapid Planning Method (RPM)

This is one tool above all others that influences the quality of life: the capacity to take a vision of what you want and make it real.

Focus equals power. If anyone is successful at anything, and not just once in a while but on a consistent basis, they are not lucky, they are focused. They are crystal clear about what they want. The clearer you are about what it is you want, the easier it is to achieve it, because your brain can figure out how to get there. The fuel behind getting there is having a compelling purpose and a reason that will move you. Your fuel is what will drive you while you navigate your life's map, and your massive action plan on how to get from where you are to where you want to be.

Before you can answer the question, "What am I going to do?" you've got to first ask the question, "What do I want?" That shift in focus will change completely how you respond in your life. It will change you from focusing on everyone else's demands for your attention, or what you're afraid of, or what might give you pleasure in the moment, to what's most important to you.

The **RPM** Method is a *results-focused, purpose-driven, massive action plan*. Focusing by answering these questions:

1. **1) What do I really want?** Have a *result* you're totally focused on, because whatever you focus on, you will continuously get to.
2. **2) What's my purpose?** Know your *purpose* that will move you emotionally. Whichever emotions we use are going to determine what we do. If apathy is your emotion, then you're going to ignore things. Whatever emotion is inspiring you is going to determine where you go.
3. **3) What do I need to do?** The arrow that gets you to your target is your actions, your MAP, your *Massive Action Plan*. When you write all your actions, you may decide some are more important than others. You may decide some aren't necessary. But at least you have a place to look at them when it's related to something that really matters to you.

If you can answer these three questions for yourself, you can achieve anything you want, but the sequence is critical. In fact, even if you can only do the first two, you'll achieve more than 90% of the people around you. You'll have opened doors within yourself, and once you step through them, you'll find a *MAP* that takes you in the direction you're going. You'll know it when it happens, because you've already laid the groundwork by honestly examining your desires and your motives. It's based on a habit of decisions made, how we continue to direct our focus. Focus on where you want to go, not on what you fear or don't want.

The sequence is critical, because if you don't know what you want, why you want it, and *then* create a plan for how to get to it, in that order, your actions will not be sustainable through life's challenges, and you'll have little possibility of experiencing what it is you truly desire.

- 1) **What do I really want?** What's the outcome I'm after? What's the *specific measurable result*?
- 2) **What's my purpose?** What are my reasons? Why is this not just a "should," but a **must** for me?
- 3) What do I need to do? **What's my massive action plan?** Not just one or two things. Brainstorm a bunch of ideas. What are all the possibilities, so I can later decide which one is the most important?

Starting Step 1 – Capturing

Keeping everything in your head is a source of stress. You've got to have a simple system where you always put down the things you want or need to accomplish. Keep in mind that human beings are able to focus on a limited number of things or tasks at once. Usually anywhere from five to nine items can be handled at a time.

When people don't reach their goals, it's often not because of ability. It's because of the way they're focusing on the number of items, or rather, the way they are "chunking" things. **Chunking** is how to turn a lot into a little. It's taking all that is coming at you and putting it into ideal-sized groups your mind can handle. Chunking fits the things you are committed to into a few categories, and lets you know the order you're going to accomplish them because you've already decided in advance what's most important.

Begin the practice of *chunking* by using the space below to capture the things that are a **must** for you to accomplish, whether it's the things you really want or situations that demand your attention. Write down all the things you have to do this week. Consider this a dumping ground for your thoughts.

A) Plan my Projects and Coaching Sessions

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|---|----|
| 1. Read about RPM and prepare to answer the questions with full honesty | 2. |
| Copy the project info from the paper to digital files. | 3. |
| Capture more information and ideas, than what is already on paper. | 4. |
| Tackle and tick a few boxes to see some progress. 24-04-24 | 5. |
| Send out RPM documents to Debbie. | |

B) Bureaucracy

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| 1. Cancel my father's electricity contract. | 28-Apr | 2. |
| File Belasting Aangifte for 2023. | 28-Apr | 3. |
| Declare expenses to the insurance | | 4. |
| Register for EU elections. | Missed Deadline | 5. |
| Scan, file and organize important documents. | | |

C) Social

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| 1. Plan Kingsday. | 26-Apr | 2. |
| Plan June Vacation. | 5-May | 3. |
| Arrange Birthday Presents. | | 4. |
| Find a concert or festival to attend this summer. | 30-May | 5. |

D) Work

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| 1. Get more focus and get more done. | | 2. |
| Learn more, do more online trainings. | | 3. |
| | | 4. |
| | | 5. |

E) Portfolio

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| 1. Create the Index Page with CVless theme. | 5-May | 2. |
| Publish site and put behind Zero Trust. | 5-May | 3. |
| Test access from multiple locations, devices and user agents. | 5-May | 4. |
| Start the blog, but do not go live until some posts have been written. | | 5. 12-May |
| Write 2x first posts for the blog (category: IoT). | 26-May | |

Create blocks

Now refer back to the areas of concern you chunked above. The things that are *a must* for you to accomplish within a week. Pick an area that is of most concern to you and create an RPM Block for that area:

- 1) Write the **results** you're after in that life area into the target circle.
- 2) Below the target circle, write down your **purpose**, your compelling reasons *why* you want to accomplish the result in the target circle. Be sure to highlight any *trigger words* that can change the emotional quality of the tasks to be performed.
- 3) Lastly, develop a sequence of priority **actions**.

Plan it in you agenda

USE the Excel sheet to fill it in.