

Weekly RPM Planning Model

Results-What am I committed to achieving?

Purpose-Why am I doing this? What is my purpose?

Map- What massive action is I going to take to make this happen?

What is it that you want? What is the new result you are looking for? Write it down.

RESULTS: I am now committed to.....

PURPOSE: I am making this change because.....

MAP: What is your plan? List what you will do to absolutely make this happen.

Weekly RPM Planning Model

PERSONAL			
Priority	Time	ACTION	Results & Purpose
1	60min	Strength or run workout 6x a week	strong body/mind I feel good

HOME			
Priority	Time	ACTION	Results & Purpose
2	10min	Clean Kitchen	Sanitary Heart of home-clears my mind

PROFESSIONAL			
Priority	Time	ACTION	Results & Purpose

RELATONSHIPS			
Priority	Time	ACTION	Results & Purpose