Relationships

Ideas, Wants, Needs		•	Communications & Follow-ups	
Example:	Write your own:	•	Example:	Write your own:
Connect w/kids		•	Call Stephanie for college visit	
Date w/ Destiny Couples therapy reconnect w/ partner		•		
		•		
		•		
		•		

STEP 2 – CREATE YOUR RPM™ PLAN

D	Р	MASSIVE ACTION PLAN How can I best achieve it now?	RESULT What do I want?	PURPOSE Why do I want it?
15m		Make a short list of therapists	To feel more equipped with	Strengthen our bond and set example of
30m		Find out more about Date w/ Destiny	(information regarding my relationship	passionate relationship for family
1 hr		Take partner out to lunch to discuss	+ ways to enhance it	
				✓
		Plan a visit to Steph at NYU	A closer relationship with Steph +	For our family to feel more connected and
		Take Kevin out for son/father outing	Kevin (my kids)	comfortable discussing issues that come up
		Research blogs on how to connect w/ teen boys		
		Write your own:		
Z				
TIO	E			
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DO	ا			
	15m 30m 1 hr	URATION 1 hr 30m	How can I best achieve it now? I5m	How can I best achieve it now? Make a short list of therapists To feel more equipped with