

Ideas, Wants, Needs		•	Commun
Example:	Write your own:	•	Example:
Work out 2–3x / week		•	Call Laurer
Eat healthy meals - meal prep		•	Ask about
Get nutritionist		•	
Lose 20 pounds / build muscle		•	
Cut down on alcohol consumption		•	
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Communications & Follow-ups Example: Write your own: Call Lauren - workout buddy Ask about trainers at gym

STEP 2 – CREATE YOUR RPM[™] PLAN

L	D	Ρ	MASSIVE ACTION PLAN How can I best achieve it now?	RESULT What do I want?	PURPOSE Why do I want it?
	2 hr	1	Sunday meal prep for work	Set weekly routine that serves as	Create more sustained energy in body to achieve
	15m	2	Schedule workout sessions	foundation of healthy habits	goals and support family
	5m	3	Ask Lauren to be accountability partner		
			Write your own:		
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