

Chapter 1 : The Time Of Your Life by Anthony Robbins

1 Workbook for: Rapid Planning Method (RPM) There 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.

This article is meant to be a reference piece. Be careful taking it though, your life may change real quick! How often do you say it? How many times a week or even each day? There is no bigger killer of dreams than those five words. But have you ever noticed that the busiest and most accomplished people never seem to say them? The CEO always has time for that last minute event. Warren Buffett has a nearly clear calendar. Tony Robbins connects and speaks with tens of thousands of people a year, all over the world, and still manages to launch new ventures non-stop. Or even my biggest mentors, who get x more requests for their time than I do, always seem to be free for a last minute call or lunch. The list goes on. They have a strategy. Most of us do not. They simply have found a strategy that works. And they execute on it continuously. Most people go into the week with little idea of how they see their days unfolding. If they do any planning, they write a jumbled list of tasks. Doing work you love is not easy. Without a process for doing what matters, on a daily and hourly basis, the odds will kill you. You can do magnitudes more of what matters than you realize. But you need a process that gets results. Nearly every day I get people asking me what my weekly planning process is. So today, I wanted to share it with you. But I certainly did not invent it. I find very little logic in starting from scratch these days – I prefer to build off of what already works. I am one them. It literally changed the game for me. Without this process, each of those could have easily taken a year or more. This goes hand in hand with my Goal Setting and Action Workbook. My 5-Step Weekly Planning Process: Reserve a minimum of an hour maybe 1. At first this is as counter-intuitive as working out – but no matter how crazy your schedule is, you will be more effective, confident and calm if you take time before you jump into the storm. Look at your schedule and decide when is your best time at the start of each week. Ideally, make this is the same time every week so you can establish a ritual. Just be sure you do it before you start any of your weekly tasks, and especially before you check email! If this means spending an hour Sunday night, then so be it. Make it something you look forward to. Put on your favorite relaxing music mine is usually classical or something meditative. Pour a cup of your favorite tea or coffee. Shut off the Internet. Get away from the world. Write down your planning time and schedule it. Then take some time to look at your big lifetime goals and dreams. What do you want to be remembered for? What do you want your life to be about for the next 3 to 10 years? Starting with the big picture allows us to keep our focus on what really matters. No need to write anything down. Celebrate Last Week Time recommended: Anything and everything positive goes – having a record sales week, getting a rewarding thank you, having a hot date or sticking to your workout. This leaves us with a constant feeling of dissatisfaction. I guarantee there are things you did last week that you can be proud of. That pride turns into confidence, and that confidence snowballs into the week to come. A couple of mine from last week include: List at least 10 things – but feel free to write down as many more as come to mind. Have fun with it. Write Down Major Lessons Time recommended: Write down any key learnings from the past week: A big lesson for me last week was: Digital communication is great for trading information but terrible for emotional discussions – leave those for phone or in person. Simon Sinek made this point on our call and it really stuck, so I took note. Look back through your notes and ideas from last week and list all the lessons that come to mind. Give them a chance to become a part of your life. Be totally honest with yourself. Only list the things that actually mattered. Was it for a good reason. What could you have done to avoid this? How will you improve it going forward? For me, one of my misses last week was: I keep a list of all these items on a couple sheets of paper. Decide on a maximum of 6 to 7 outcomes you want to accomplish related to the various areas in your life. This could be creating a personal budget, cooking a healthy meal or having a great meeting with a mentor. You get to decide. Just be sure they get you closer to your yearly goals. One of my big outcomes for this week is: Pick a total of outcomes max and spread them throughout the week. Everything you do takes up time in your day. Ever feel like you never get everything done in a day? Since everything takes time to do, we need to assign actual time to the things that matter most to us. Look at your 6 to 7 weekly

outcomes and decide what core tasks will need to happen to accomplish these. Now spread these out throughout the week. Keep in mind any meetings you have or calls you need to make. Now actually reserve the time on your calendar. I mean actually book a meeting with yourself on an actual calendar. You should see my Apple iCal â€” it looks like someone spilled a pack of Skittles on it with all the self-appointments for each big task related to my Areas of Attention. If I need to do something important, it gets a place on my calendar. If you want it to get done, you have to schedule it. Schedule important tasks for each weekday. I love iCal because it syncs with my iPhone and is visually really fun. These need to get done, but not at the expense of the things that help us accomplish what actually matters. Now look at your calendar and see when you could fit the little things in. Schedule these as well. And also, since nothing happens without help, I like to take a minute or two and think about two questions in the context of my week: Who can I help this week? Who could help me accomplish what I have planned for the week? Write down 1 to 3 people for each. If I put it off until the end of the month, this stuff turns into more of a mental monster than it needs to be. A few minutes goes a long way. I use the to-do list program called Things , which has seriously been a lifesaver. They all sync together.

Chapter 2 : Time of Your Life - Tony Robbins - Workbook - [PDF Document]

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Uncategorized Rex Lassalle Ezee: You told me that there will be banking problems on Friday 14th and none of this happened. As I told you then you are operating in a delusional world and you need to see a therapist. Now you also realize that is the case as nothing happened with all your wisdom. I hear you and being human we all make mistakes, when I make a mistake I need to see a therapist, when you make a mistake some spin is presented from one of your PR firms of what has happened to validate your decisions and this is presented as some in depth analysis in the media. My choices and decisions are based on logical analyses I do not make statements about mythical friends and what I had in a dream, this is all delusional. There is an excellent child and adolescent therapist Dr Gene, she will be able to help you and support you with these issues that are troubling you. I am not being troubled I am just looking at life from a different perspective, one in fact that was very much part of human society in ancient times that gave us so much wisdom and understanding of our human and community needs. Oiro, you need to be here in this world as it is now and I will make an appointment for you to see Dr Gene. If you insist, plus I am curious about her and what she is offering children and adolescents to have them be more here in this world. Ezee; Thanks for listening to me. I will phone her now and see if she can fit you into her busy schedule. He is having some challenges feeling at home in the modern world and this at times leaves him quite delusional with his ideas and his views about life and events around him. When is the earliest appointment that you can offer him? Sorry to hear this Ezee, these days many children and teenagers have these issues. Not to worry I will help him. Let me check my diary, ah tomorrow I have a cancellation at 4 p. I will make sure he is there tomorrow at 4 p. Glad that you have my private number otherwise it would have been 6 weeks before I saw him. How are you and the banking world? All is good and very busy. Thanks for your help in accommodating my son so quickly, greatly appreciated Dr Gene. You are welcome Ezee: This is very important to me Oiro and I will take you there so you arrive on time. I will let you make your way back home after the session. I am curious who this Dr Gene is, I think we will have some very interesting conversations. Hello Oiro, it is great to finally meet you. Thanks for filling out the form. Tell me about your world Oiro. Oiro; Is it possible that you can tell me about your world and how you help children and teenagers; Dr Gene; Thanks for asking, it varies a lot Oiro; some children come with emotional and behavioural disorders, a lot of them in the last 5 years have problems sleeping especially teenagers. I am also seeing a lot with anxiety issues worried about what their friends think of them, whether they will be accepted. Then also eating problems some are very overweight and some have eating disorders. It is vast, with many complex problems. Do you have any of those problems that I spoke about Oiro. Oiro; No Dr Gene, it sounds as if these children and teenagers have no connection with life and they are very caught up with the digital world and seeing themselves through consumer ideas of how they need to look and what they need to have and what is important for them to have to look special. Oiro, how did you come to this view about these things that is affecting children? Dr Gene, I do not know, it is just I observe that is what is happening when I see teenagers my age and what turns them on. Not really Dr Gene, yes I know some at school but to be honest I find them boring so my interaction with them is superficial. So who are your friends Oiro, you must have some friends Oiro: As when I told my parents who they were they did not want to know as they said I was being delusional. Oiro, it is most important for me to know about these friends as you are the first teenager that I have met in my 25 years of working in this field who has a view of his age group with such insight and understanding. It is important I know who your special friends are. Thanks for wanting to hear me Dr Gene I do appreciate this. Please no need to flatter me as being the first teenager, I have no sense of being special as I am only present with what I see and feel around me. I really do want to know and you have not told me as yet who your special friends are, who are they? I will, they are Heph, Pontus and Aditi. I guess those names are all mysterious to you. How can you say they are friends? Dr Gene, I guess it was ok for Harry Potter stories to fill the world of children and adults as if it was a fantasy world. What if I have something different from being someone who was born into the world as an energy link for people in Europe

to live their lives peacefully as that was the original intention for me being here, because of this, such friends visit me? Oiro, you have left me speechless. What you are talking about gives me no references as to how to place you and your personality. Of course I am very curious about what you are telling me and I do want to continue these conversations with you, as they are very interesting. I can surely help you with your relationship with your parents and also for you to feel more comfortable in the modern world. From what you are sharing I realize that you will not feel that comfortable with modern life. Thank you Dr Gene as you immediately knew of my friends as mythical personalities and did not shut me up. Plus thanks for reassuring me that you will help me with my parental issues and feeling at ease in the modern world. Can I make a very practical suggestion? I like your choice of words Oiro, it seems you do have a good grasp of reality, do you? I like your way of teasing me Dr Gene. Of course Dr Gene, I do not know if you will think me respectful if I tease you. Oiro you are very respectful you always answer me as Dr Gene. Many teenagers and children do not ever say that to me. So a tease from you would be fun. Dr Gene it is fun meeting you and besides my 3 friends I feel as if I have a good friend in you, hopefully our age differences does not prevent us from being friends. You are most welcome to view me as a friend. I am glad that you feel such trust in me. Tell me about your practical suggestion Oiro: Well there is something which I have observed that works extremely well in understanding people and I think you will find it interesting and helpful working with children and teenagers. What is that Oiro? That sounds interesting, how come it is practical as Time is just something we have to manage there is nothing else practical about Time. Dr Gene, there is much more and you will be pleasantly surprised how practical it is. Tell me more Oiro Oiro: I guess this may be a rude question to you. Oiro at no stage in our chatting have you been rude to me. Sometimes I have children who swear when they are talking to me; sometimes that is their problem. You express no such behaviour in your communication with me. Do ask me Oiro: When is your birthday? That is an awkward question to ask a woman though it is not rude. Why do you want to know? Well it is part of my practical suggestion Dr Gene: I am curious as to how this is going to be practical. It is August 24 Oiro: Well from this book you will be a 9 Fire Personality as an adult and an 8 Earth personality as a child. This explains why you are so good at what you do Dr Gene. It is because you have something called a 4 Wood Contextual Winning Field. This makes you a very skilled communicator. How is this a practical suggestion? By the way thanks for the compliment. I take it that you have some very difficult children and teenagers to sort out. Loads, how will this Time stuff help? Ok give me a birthdate of one of your challenging cases. Here is one, a teenage girl, she is born October 18th She is a 9 Fire child personality and will express the 7 Metal personality when she becomes Would she be one who is seeking endless attention and just wants to be seen? That is very accurate for when she is here with me but her parents says that at home she is non communicative and very sad and depressed. So it is very confusing this split personality she expresses. No it is not confusing at all.

Chapter 3 : Get The Book & Workbook â€” Artists U

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It caused us to look at the world and our paths in a completely new way, to focus on the few things we can control our thoughts, how we treat others, our contributions to the world, etc. It helped us to discover more about our own unique selves, to question the norm and to do the things that served us individually and as a couple. We learned and continued to learn many things about all sorts of topicsâ€”health, relationships, personal growth, and moreâ€”but I know that one of the things that stuck with both Scott and me was thisâ€”To clearly define the life we wanted. It is up to you to take the steps that are in your control to get the life you wantâ€”no one else is gonna do that for you! And we make it totally free to all of you. Just a link you get to click to download! Because as Scott often said: There is no promise of tomorrow, so the time to take action is NOW! I know that having a clear vision of where he was going, why he was doing it and knowing the exact steps of how to get there was a huge part of his success. I know I have certainly been guilty of that in the past and am trying to learn a lesson from Scott as I move forward. If you put in the time and effort to get a clear picture of where you want to go, your path will be a lot smoother! The only way to measure forward motion of those small steps is to check in regularly. The Weekly Planning Workbook provides you a framework to ensure you are making forward progress on a weekly basis. It gives you questions to ask, tips for planning and helps you think beyond the to-do list to ensure what you are doing is actually getting you closer to what you want to accomplish! Tens of thousands of people have used these workbooks over the past few years to bridge the gap between their dreams and their reality. They continue to be the most downloaded items at LYL year after year! And because we love you and we care about you doing work that matters, we are happy to offer them to you totally free. All we ask in return is that you actually do the work! And that you take the process seriously. Spend some time before January so you can launch into the new year with intention, with focus and with a chance at actually operating at your potential. We believe wholeheartedly that this will get you closer to living the life you want, which will in turn create a positive impact in the world. And if you do find the workbooks useful, please share them with at least one person who needs it. I have so much I want to learn! Read at least 20 books next year: I was reading close to this many â€” but my average has dropped down closer to 12 the past few years. Read 30 minutes every day. I generally do this most nights before going to bed as the computer shuts off when work is done but if I know I will not read at night, schedule time to do so during the day. Always have the next book lined up before I begin reading the current book. This will be easy for a while since I am currently going through the number of books given to me but once I get through those, I want to focus on a specific topics including gratitude and spirituality. Make sure at least 5 of those books are historical fictionâ€”I love this type of book but with the quest I am on, I know I might not make time for it unless I set a goal! Listen to at least 1 Educational Podcast or book on tape per week Schedule a time each week to walk to or from a place or hike so I can listen while being in nature. Scott and I talked a lot during our travels about giving back more and now I have more time on my hands than planned so I want to use that to give back to the world! Contribute my time Do 1â€”2 volunteer programs this year Costa Rica and Africa Find ways to donate my time during my travels such as Grassroots. Contribute resources Buy one ditch one. I have always had the rule that if I ever buy any new article of clothing, something in my closet goes. I have stepped into help run LYL and want to keep that momentum going through offering amazing content for the community. Finish the trip that Scott and I had planned, starting next September! Take 3 major trips this year: Each with a focus of consuming, creating and connecting. Find adventure in my own backyard: Connect, Reflect and Appreciate Meditate first thing in the morning 5â€”7 days a week. Set a calendar alert to walk outside even if it just for a few minutes to watch the sunset. If I know I cannot watch the sunset because of other plans, do so for the sunrise. Basically be outside everyday for a few minutes with no plans other than to enjoy the beauty of nature! Continue to practice daily gratitude through journaling but also enhance my knowledge of this topic through books, podcasts or other educational platforms. Download the Weekly

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Chapter 7 : The Time of Your Life

The Power of Vision. The time of your life is derived from the ultimate vision you have for your life. A clear vision helps us to distinguish the essential things of the non-essential things and to fulfil our wishes and dreams.

Chapter 8 : The Time of Your Life - Wikipedia

In the time of your life, live "so that in that wondrous time you shall not add to the misery and sorrow of the world, but shall smile to the infinite delight and mystery of it." likes "In the time of your life, live - so that in that good time there shall be no ugliness or death for yourself or for any life your life touches.

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Costs include your personal copy of Rex's latest book, "The Time of Your Life: Could It Be Now?", registration for the two-day program, lunch and light refreshments, as well as opportunities to sample essential oils and teas.