



THE IRON MIND SERIES

**RPM**

**PRODUCTIVITY**

**COACH**

*FIND YOUR SWEET SPOT FOR PEAK RESULTS—  
WITHOUT BURNING OUT.*

***BEYOND BIKING***

*15-min easy-to-digest workshop*



## Your “sweet-spot cadence” determines your output:

- *Too fast*: wasted energy, risk of burnout
- *Too slow*: underperformance, low results
- *Just right*: maximum efficiency, best results

**Every great goal *in life* requires a “sweet spot”.**



## ***Use the RPM Framework to Optimize Goal Outcomes:***

- R – *Result-Focused*: Are your actions moving you towards the finish line?
- P – *Purpose-Driven*: Is the goal meaningful and motivating?
- M – *Massive Action Plan*: Do you take enough actions?

Write down your RPM.



## ***Audit your Time with the Traffic Light Logic:***

Classify your activities from one week:

- RED: Wastes energy without benefits  
→ Stop it
- YELLOW: Responsibilities  
→ Optimize it
- GREEN: Energizing, aligned with goals  
→ Do more

This shows you where your time and energy leaks are coming from and how to maximize productivity.



## ***Daily Non-Negotiables to Build New Habits:***

New habits require rules you won't compromise on:

- Define one daily non-negotiable that supports your goal.
- Miss it? Don't justify—start fresh tomorrow.

*Examples:* Meditate 10min daily; go to bed at 10pm; plan top 3 tasks each morning; tell your partner they matter every day etc.



# RPM Productivity Coach:

- ✓ Be clear on what, why and how  
(*Clarity = Power*)
- ✓ Audit your time like a Garmin  
(*Traffic Light Logic*)
- ✓ Implement one daily non-negotiable  
(*Habit Building*)

**Outcome:** *Maximum efficiency, meaningful output and consistent progress without burnout.*



**Apply it**

**today**

**tomorrow**

**and every day.**

