

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

**To start, pick ONE area you want to reclaim more quality time right now:
Family, Health, Sport, Career etc.**

EXERCISE 1 (4MIN)

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.