**Summary.** Visual proof that the limit of the recursive root mean square sequence defined by  $a_{n+1} = \sqrt{\frac{a_n^2 + a_{n-1}^2}{2}}$  is  $\sqrt{\frac{a_1^2 + 2a_2^2}{3}}$  where *a*1 and *a*2 are the initial values of the sequence.