

THE STORY: You've probably heard the story or watched a video about a teacher who fills a jug with big rocks and asks the class if it's full. The class responds with a "Yes." Then, he adds pebbles to the jug. He asks again if the jug is full, and again the class responds, "Yes." He says no and now adds sand to the jug.

The sand and the pebbles represent the small daily tasks we fill our lives with. If we don't fit our big rocks in first, our lives will fill with only sand and pebbles. BUT if we start with our big rocks, we create room for what's important in life - and the sand and pebbles can only fill the spaces *in between*.

INSTRUCTIONS: This exercise helps you align how you spend your time with your "real" priorities, your "Big Rocks". Start by answering the questions below, then TURN OVER to fill in your big rocks and then complete the final page to see what changes you'll make from what you have learned.

PART 1: CURRENT TIME AND PRIORITIES REVIEW

1 | Where or on what do you **currently spend most of your time?** (Make a list of whatever jumps out in your mind)

- i. _____
- ii. _____
- iii. _____
- iv. _____
- v. _____

2 | What's the **ONE biggest, unwanted thing that ZAPS your time** at present?

3 | **What NEEDS to change?**

4 | Take a few moments to really think about what's TRULY important to you in your life.
What are your Top 3 Priorities in Life? (make a list of whatever pops into your mind)

- i. _____
- ii. _____
- iii. _____

5 | What **one thing is MOST IMPORTANT** to you right now?



PART 2: REVIEW YOUR LEARNINGS AND TAKE ACTION

i. How does where you currently spend your time compare to your "Big Rocks" - your REAL priorities?

ii. What does this tell you? _____

What needs to Change?

iii. What *could* you do differently? _____

i. What is the **EASIEST change/s** you could make to prioritize your time better?

ii. What are you **WILLING to change** to prioritize your time better?

iii. **Smash those Obstacles:** What could get in the way? If you were going to sabotage yourself how would you do it?

WHAT WILL YOU COMMIT TO?

What WILL you change or do differently? Take a look at the entire worksheet and identify three actions you will take to focus on the BIG ROCKS In your life:

First Action _____ By when _____

Second Action _____ By when _____

Third Action _____ By When _____

Now take these and post them in a place where you will see them like a car, wallet, locker, fridge door, desk drawer, or *any place where you will see them regularly.*

I am committed to achieving these three actions.

Signed _____ Date _____

