



# BIG ROCKS AND LITTLE ROCKS - PRIORITY MANAGEMENT EXERCISE



### THE STORY:

A teacher is addressing his class. He fills a jug with big ricks and asks the class if it's full. The class responds with a 'yes'. So, 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 out big rocks in first, our lives will fill with only sand and pebbles. But if we starts 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 hoe 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.

### Current Time and Priorities Review

1. Where or on what do you currently spend most of your time? (Make a list of whatever jumps into your mind)

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_
- v. \_\_\_\_\_



2. What's the ONE biggest, unwanted thing that ZAPS your time at present? \_\_\_\_\_  
(We're looking for an unwelcome time-zapper here – not things that are a wanted or necessary part of your life.)

3. What NEEDS to change? \_\_\_\_\_

4. Take a few moments to really thing about what's TRULY important to you in your life. What are your Top 3 Priorities in life? (Make a list if whatever pops into your mind)

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_

5. What one thing is MOST IMPORTANT to you right now? \_\_\_\_\_