

Big Rocks Exercise *Productivity & Priorities Tool*



THE STORY:

A teacher is addressing a class. They fill a jug with big rocks and asks the class if it's full. The class responds, "Yes". The teacher adds smaller pebbles to the jug. They ask again if the jug is full, and again the class responds, "Yes". They say, "No" and then 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 and your priorities or your 'Big Rocks'. Answer the questions below, then turn over to see what changes you want to make from what you have learned.

Identify your priorities or 'Big Rocks'

1. Where or on what do you currently spend most of your time?
Try not to overthink. Make a list of whatever comes to mind.

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

2. What is the one biggest thing that zaps your time?

3. What needs to change?

4. Take a few moments to consider what is really important to you in your life right now.

What are your top three priorities in life?

Make a list of whatever pops into your mind – these are your 'Big Rocks'.
If it's important to you, you could include something like "space to think".

- i.
- ii.
- iii.

5. What is the one thing that is most important to you right now?

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Review what you have learned about yourself...

If you need more space use a journal or another piece of paper.

1. How does where you currently spend your time compare to your 'Big Rocks' - your real priorities?

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2. What does this tell you?

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What needs to change?

3. What could you be doing differently?

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4. What is the easiest change/s you could make to prioritise your time better?

5. What are you willing to change to prioritise your time better?

6. What obstacles could get in the way? If you were going to sabotage yourself how would you do it?

What will you commit to?

7. What will you change or do differently? Identify three actions you will take to focus on your three 'Big Rocks' in life:

1st Action _____ By when _____

2nd Action _____ By when _____

3rd Action _____ By when _____

Now copy these out on post-it notes and stick them in your car, wallet, locker, fridge door, desk drawer or any place where you will come across them in your day to day life.

What have you learned about yourself from doing this exercise?



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