

SURFACE TO SOUL

Live Well | Lead Well | Coach Well

Big Rocks and Little Rocks Exercise (Page 1)

THE STORY: A teacher is addressing his class. He fills a jug with big rocks 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 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?
(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 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? _____

Please turn over to identify and prioritize your rocks



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