

SURFACE TO SOUL

Live Well | Lead Well | Coach Well

Big Rocks and Little Rocks Exercise (Page 2)

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 _____



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