

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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