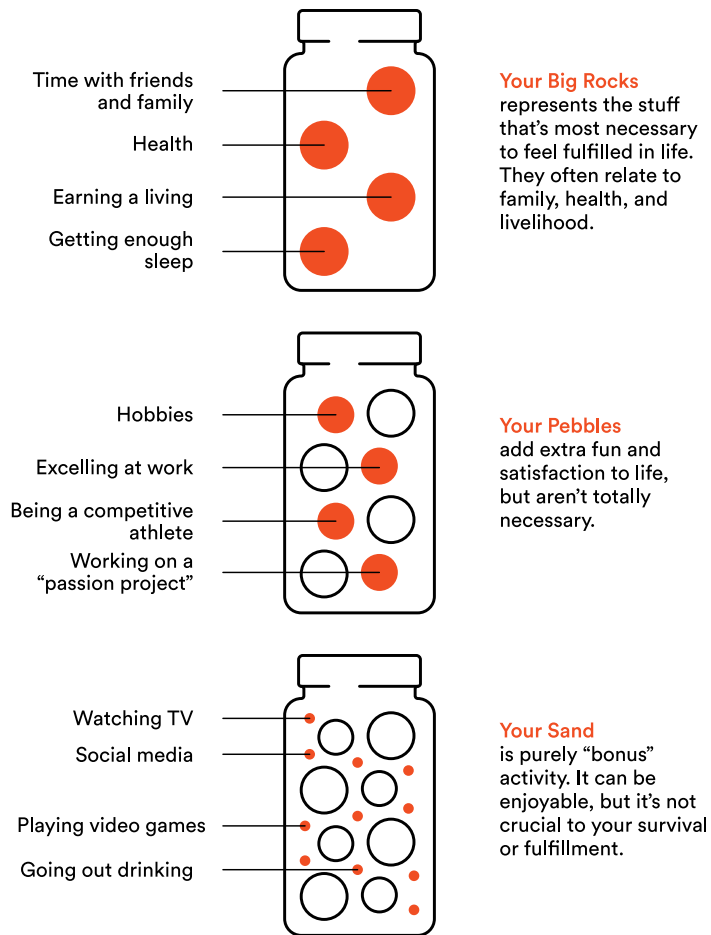


Prioritizing the “Big Rocks”

Chapter 7: Education

When overwhelmed with options and opportunity, errands and busy work, the only reliable way to make time for the most important things is to reevaluate how you’re spending your time and prioritize the tasks that have the potential to make the biggest difference.

One helpful method of doing so is to think of your time as a jar, which you can fill with a finite number of rocks, pebbles, and sand. Here’s an example:



Everyone’s rocks, pebbles, and sand will look different. But, regardless, if you fill your jar with too much sand first, the rocks and pebbles won’t fit.

Spend some time thinking about your “big rocks,” “pebbles,” and “sand,” and fill out the following.

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book