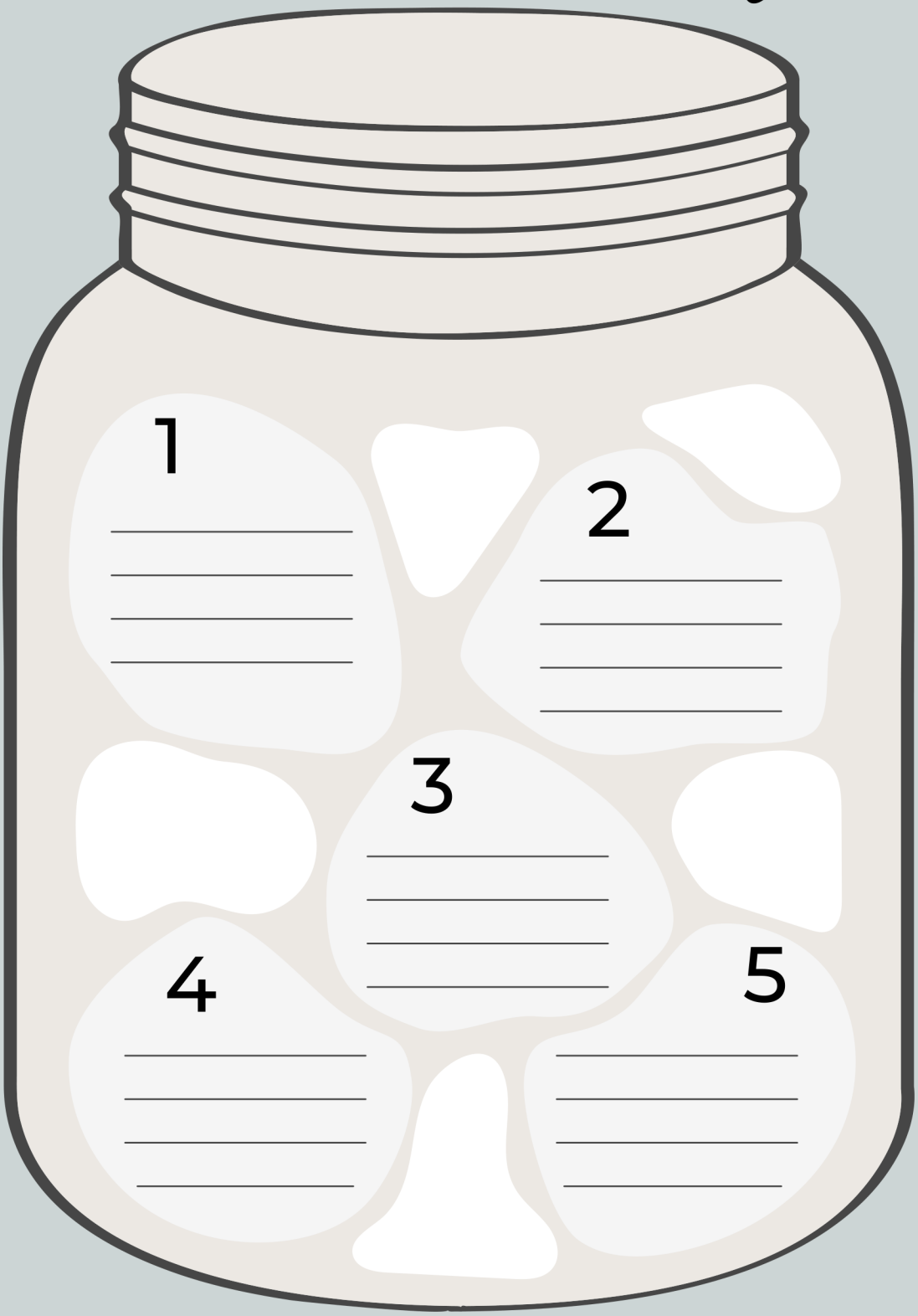
BIG ROCKS *exercise*



WRITE YOUR KEY PRIORITIES ON THE BIGGEST ROCKS IN THE JAR. THINK ABOUT WHAT'S MOST IMPORTANT IN YOUR GOAL SETTING. CHOOSE 1 THAT WILL BE YOUR **IMMOVEABLE BOLDER.** IT WILL BE THE ONE TASK THAT TAKES PRIORITY!

NOW FILL IN THE SMALLER PEBBLES WITH YOUR LOWER LEVEL PRIORITIES.

THEN, IN THE TINY GAPS BETWEEN THE ROCKS, WRITE YOUR LOWEST PRIORITIES.

USE THIS TOOL TO PRIORITISE YOUR TASKS MAKING SURE YOU SCHEDULE IN YOUR BIG ROCK ITEMS FIRST!