

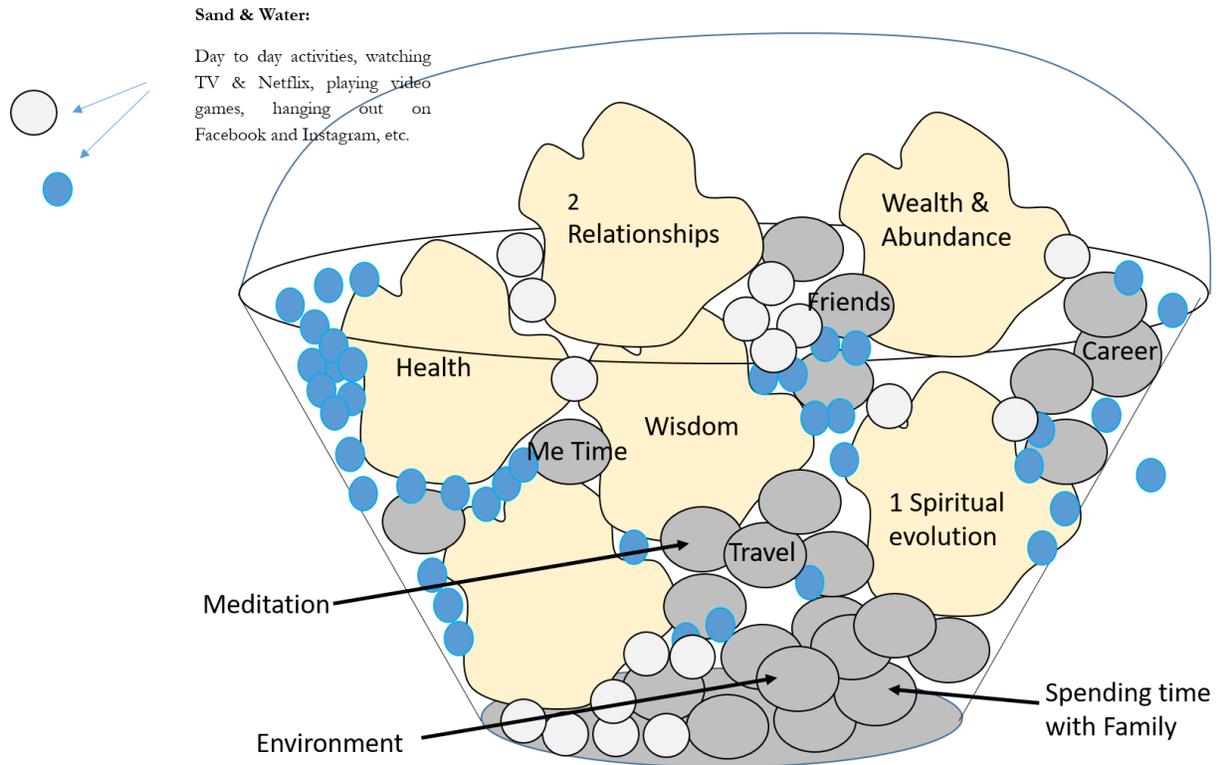
# Rocks Worksheet

## WHAT ARE MY ROCKS?

What really matters to you and why?

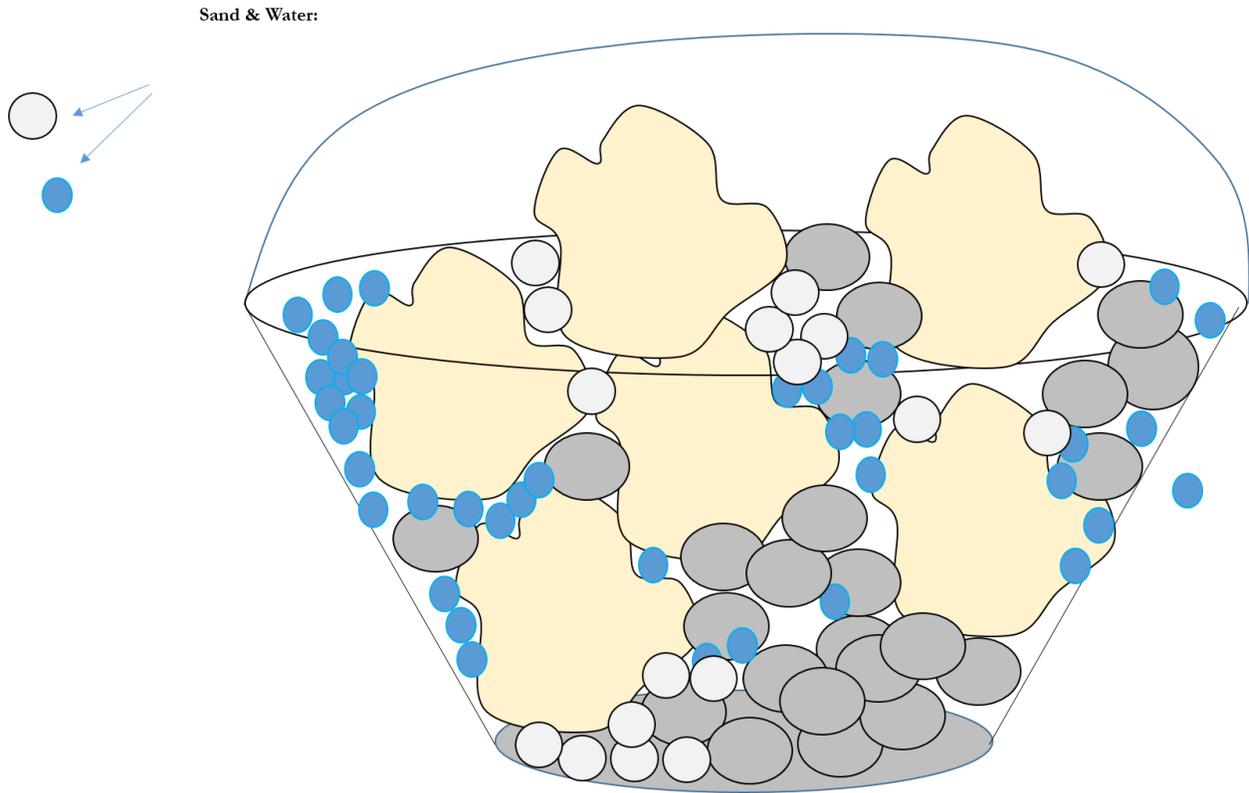
1. Fill in your bucket with the rocks and pebbles of your life.
2. List the sand and water that fill up your time day to day.
3. Order the rocks and pebbles in terms of priority. What is the most important? List the sand and gravel in order of what would be the easiest to change, improve on, or get rid of.

### Example:



Below is a blank bucket for you to fill in and order.

### Your Bucket:



After you are finished look at your rocks, pebbles, sand and water. Let's look at the top 3 that you would like to work on. Remember, you might not need to work on some of your rocks. For example, maybe my rock #3 is environment but I love where I live so although it's a top rock I don't need to work on it.

1. What are your top 3 rocks and pebbles that you want to work on? How can you make them more of a priority in your life?
2. What are the top 3 things from your sand and pebble that take up a lot of time and that you can either get rid of or cut back on?

Example:

|                                     |   |
|-------------------------------------|---|
| Rocks & Pebbles                     | How can I improve?  |
| 1. Spiritual evolution & meditation | Meditate every morning for at least 15 minutes after my run so I don't forget or get too busy |
| 2. Relationships                    | Fly home and see my family once a year.   |
| 3. Health                           | Sleep better  |

|   |  |
|---|--|
| Sand and Water  | How can I cut them out?  |
| 1. Watch Netflix on weeknights                        | Watch Gaia.com instead of Netflix on weeknights. I can still relax and watch something however it will be spiritual and set me up for having an uplifting sleep. |
| 2. Talk with co-workers about negative things at work | Have a list of topics to talk about to steer the conversation in a positive direction. Go to the coffee machine when people are there less frequently.           |
| 3.  |  |

## Your Turn

### My Rocks & Pebbles

| Rocks & Pebbles | How can I improve? |
|-----------------|--------------------|
| 1.              |                    |
| 2.              |                    |
| 3.              |                    |

### My Sand and Water

| Sand and Water | How can I cut them out? |
|----------------|-------------------------|
| 1.             |                         |
| 2.             |                         |
| 3.             |                         |

