

What Are Your Priorities?

Imagine a large, empty jar which represents your time. First, you would begin by placing your **ROCKS** or most important priorities or things you **MUST** do, into the jar. Then you would place **PEBBLES** in to fill the spaces around the rocks. These represent tasks that are less important and things you **ENJOY** doing. Lastly, you would pour **SAND** in to fit around both the rocks and pebbles. It would appear it would take up a lot of space but it easily fits. This represents the less-important **FILLER** time-consuming activities.

The goal of this exercise is for students to focus on the ROCKS first to ensure they fit. If we would start with the SAND, it wouldn't leave us any room for the ROCKS and PEBBLES.

You Try It! List your priorities where they belong.



ROCK Priorities

Ex. school, homework, chores, family, church



PEBBLE Priorities

Ex. sports, extra-curricular activities, favorite tv show, friends



SAND Priorities

Ex. scrolling on phone, video games, texting friends
