

“Big Rocks” Worksheet

First, watch this “Big Rocks” video, inspired by Stephen Covey:
<http://www.youtube.com/watch?v=fmV0gXpXwDU>



Then consider the following questions:

For YOU individually:

1. What are your “Big Rocks?”

2. What are your “pebbles?”

3. What is your “sand?”



4. Where do you spend the most amount of your time? The least?

5. What ONE change do you want to make to re-prioritize and better manage your time (i.e., spend more time on your Big Rocks)?

Now, for your TEAM:

6. What are your “Big Rocks?”

7. What are your “pebbles?”

8. What is your “sand?”

9. Where do you spend the most amount of your time? The least?



10. What ONE change could you personally make to help the team?

11. What ONE change does the team need to make in order to spend more time on its Big Rocks?

