

BIG ROCKS ~ *small pebbles* Worksheet

SEE DO GET Concept

The BIG ROCKS and the small pebbles represent how we SEE the world and what we DO in the situations coming at us from all directions. The way we handle situations determine what we GET, or our outcomes. So being able to sort your BIG ROCKS from your *small pebbles* is the first step to taking control and implementing the SEE DO GET concept.

To help you identify the BIG ROCKS from the *small pebbles* and understand how to make them work in your favor – utilize the SEE, DO and GET concept.

How I **SEE** the world directly impacts what I do.

What I **DO** ultimately influences the results I get.

And the results I **GET** reinforce the beliefs I have about the world.

The **SEE DO GET** concept predicts the outcomes we get in our lives.

This exercise helps you identify where you currently spend most of your time. This will help you identify your BIG ROCKS and small pebbles - how you SEE, what you DO, and the results you GET.

1. Where do I **currently spend most of my time?** (Make a list of the top 5 - whatever comes to mind)

- 1.
- 2.
- 3.
- 4.
- 5.

2. What are the **top 5 priorities** in my life right now? (Make a list of the top 5 - whatever comes to mind)

- 1.
- 2.
- 3.
- 4.
- 5.

Take a few minutes to review your 2 list above and answer the following questions.

3. **What NEEDS to change?**

What is the **SINGLE biggest thing** that **ZAPS my time?**

What **one thing** is **MOST IMPORTANT** to me right now?

BIG ROCKS ~ small pebbles!

Use this graphic to visually map out your BIG ROCKS and small pebbles you list previously.

1. Fill in the 5 BIG ROCKS - What's most important to you in life?
2. Fill in the small pebbles - with your lower level priorities.
3. In the tiny gaps between the BIG ROCKS and pebbles - add your lowest level priorities.
4. Prioritize your BIG ROCKS from 1 -5 in order of importance.

Use this tool in conjunction with the SEE DO GET concept to prioritize your week or month.
Make sure you schedule your BIG ROCKS first.

