

THE BIG ROCKS

Too many people (personally) and businesses let their future be determined by their circumstances; they lack intentionality.

We fill our life/business jar (is a fixed size) firstly with daily work and pressure (the sand), and secondly with weekly and monthly work pressure (the gravel). We schedule all our routine work in our diary and try to fit the important project work (the big rocks) in to an already full schedule.

We add to the problem by keeping adding new things/commitments to an already full life and thus something suffers, often important things like relationships, our performance in different areas.

We have no space/time left for the unpredictable things that just grope up

At the end of the day, week, month, year we wonder where they day/week went, and look at the list of important things we had intended to achieve but have not.

We have all these timing saving devices and less time.

Information/life overload has resulted in us being the most medicated generation.. this might solve the problem (usually temporarily) but it does not address the cause of the problem so it will manifest itself in other forms.

We need to:

- Identify the big rocks and
- put them in our jars first - diary them and stick to it;
- regularly review what we are doing and drop things (eg unhealthy relationships, time wasters), regular house keeping. Remove the trash
- be intentional about what we add to our life's
- leave space in our life's to cope with the unexpected
- leave some space in your diary for thinking

Consider doing the above for personal life first and then for the business.

Refer to "Reviewing What Quartile You Operate In".