VERTIGO CODEX . DOWNLOADABLE . WORKSHEET

Big Rocks, Next Three Months

Companion to "Big Rocks, What Goes Into the Jar First"

30 TO 45 MINUTES, EVERY QUARTER

HOW TO USE THIS SHEET

1. Name the few things that matter right now, five or fewer: a relationship, your health, one piece of work, something you are learning.
2. For each rock, write three things you want to be true in three months.
3. Give each rock one concrete first action, and start one of them today, while the list is still warm.
4. Name the single biggest zapper: the thing that eats your week without feeding any rock.
5. Then open your real calendar and put the rocks in first. A rock that never reaches the calendar was a wish.

	The big rock four hours a week: on what?	**True in 3 months, 1**	**True in 3 months, 2**	**True in 3 months, 3**	**First action** concrete, this week
ROCK 1					
ROCK 2					
ROCK 3					
ROCK 4					
ROCK 5					

THE BIGGEST ZAPPER, AND WHAT I WILL DO ABOUT IT