Rocks, Pebbles, Sand

Rocks are the things that you have to do: work, church, do classes & facials, your Monday Night Live, hold sharing appointments, take care of children, make dinner (unless you can delegate this and then it becomes sand)

Pebbles are the things you need to do: grocery shop, clean, laundry, PTA meeting, (unless you can delegate any of this and then it becomes sand)

Sand is the stuff. Things you do when you should be or could be doing something else. These are things that you can do when all of your rocks and pebbles are done. Such as: cleaning your linen closet, watching TV, organizing your office space, etc.

If you took a jar and filled it 3/4 of the way with sand. Then you put in a bunch of pebbles, most of them would fit. Now try to put in your rocks. Only very few will fit.

What you need to do is take your jar and fill it with all of your rocks. Then fill in the pebbles- they will trickle in and you will get most of them in. Now fill in with the sand. It will spill in the holes and you can fit some of it.

Moral- Do your rocks first, pebbles second and then fill in with sand. This will organize and prioritize your life so you are not overwhelmed with sand!!