

Rocks, sand and water



Here is a helpful way to look at the impact of using time well:

Let's call sand the thousands of little things you feel you **SHOULD** or **MUST** do.

(the waste or the deception activities)



Let's call rocks the things which are important to you or which you wish you had time to do.

(the crisis or quality activities)



Conventional time management **prioritises what is urgent and would have you -**

Put the sand into the jar first.

And then try to fit the rocks in the space left in the jar - **if any!**



Our approach to time management
Prioritises **importance** and would have you -

Put the rocks into the jar first.

You can then pour the sand in around the rocks.

Then, if you still want to, you can try adding water! (waste/trivia)

