

The Big Rocks Reset

**A simple re-set for leaders who already know what matters –
and want to *lead* what matters**

You don't need another prioritisation framework, you already know what matters

The challenge is this...

In a busy, high demand environment, your priorities get hijacked

This simple 15 minute reset is about fundamentally ***changing your relationship with time***

Step 1: Name your REAL Big Rocks (not your ideal ones)

- What are the 3-5 things that will genuinely move the needle this quarter
- Where does my leadership attention matter most?

Remember – if everything is a priority, nothing is!

Step 2: Audit Your Reality (not your intention)

Look at the last 2 weeks

- Where did you time go, actually?
- What dominated your attention?
- What kept getting pushed?

Your calendar/diary is a behavioural data set

Step 3: Identify the Drift

- What did you do because it felt urgent?
- What did you avoid because it felt slow/difficult?
- Where did you default to response mode/quick wins (dopamine hits)

Drift might not feel like a decision, but it is!

Step 4: Put the Real Rocks in First

Not conceptually, practically

- Where are your priorities visible in your diary next week?
- What protected time have you created for them?
- What conversations need to be scheduled?

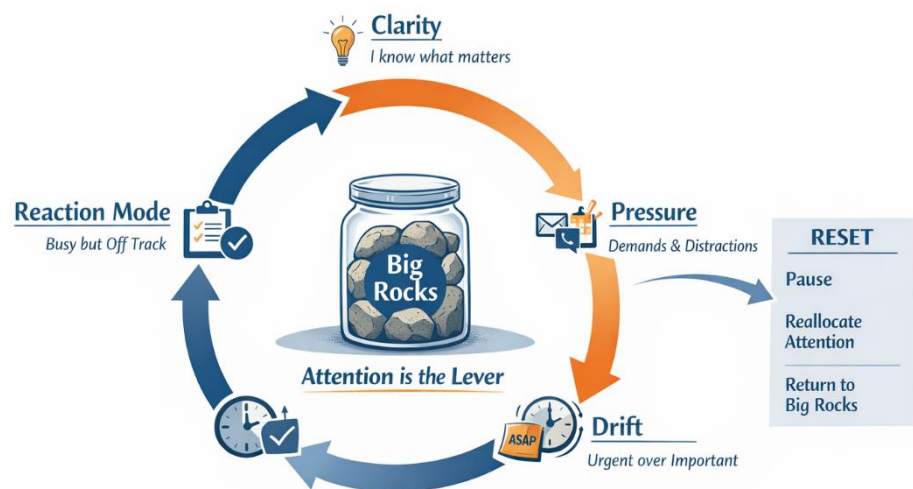
Remember - If it's NOT in your diary, it's NOT a priority

Step 5: Reset your Relationship with Time

This is the big shift: from **managing your time to allocating your attention**

In the moment; stop, breathe, pause, ask...

- Is this aligned with what I said matters most?
- Am I choosing this or reacting under pressure?



A Simple Weekly Discipline

Take 15 mins at the start of each week

- Reconnect to your rocks
- Check your diary against them
- Adjust before the week takes over

“If you don’t prioritise your life, someone else will.”

(Greg McKeown)