

AI-01654 Big Rocks Life Priority

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☰ Tags	Life
🕒 Created time	@May 7, 2025 9:26 AM

Explain and deep dive the concept of Big Rocks by Covey. List 22 examples of each in the realm of living well, health, relationships, jobs, finance and investing.

Stephen Covey's "Big Rocks" concept is a time-management and life-prioritization metaphor introduced in his book *First Things First*. It illustrates the importance of focusing on what truly matters before lesser tasks fill up your time and energy.

Core Concept:

Imagine a jar. You have big rocks (important priorities), pebbles (medium-priority tasks), and sand (minor, everyday stuff). If you fill the jar with sand and pebbles first, there's no room for the big rocks. But if you put the big rocks in first, the pebbles and sand can still fit in around them. The key idea is:

"Put the Big Rocks in first, or you'll never get them in at all."

Big Rocks Across Life Domains: 22 Examples Each

1. Living Well

1. Living according to your core values
2. Meaningful reflection or solitude
3. Spiritual or philosophical development
4. Living a life of purpose and integrity
5. Deep personal growth or self-improvement
6. Legacy planning or creating a life philosophy
7. Experiencing awe and nature regularly
8. Maintaining peace of mind

9. Establishing a consistent daily rhythm
10. Practicing gratitude
11. Saying "no" to maintain boundaries
12. Prioritizing joy over busyness
13. Disconnecting from technology
14. Engaging in flow activities (e.g., art, writing)
15. Being present in the moment
16. Pursuing a long-term life goal
17. Living below your means
18. Cultivating simplicity
19. Time in silence or meditation
20. Reconnecting with your "why"
21. Serving others with compassion
22. Having a vision for your life

2. Health

1. Daily physical movement or exercise
2. Prioritized sleep and recovery
3. Nutritious, whole-food eating
4. Regular health check-ups
5. Managing chronic conditions proactively
6. Avoiding harmful substances
7. Deep breathing or relaxation techniques
8. Strength training
9. Cardiovascular fitness
10. Mental health practices (therapy, journaling)
11. Hydration

12. Sunlight and fresh air
13. Regular dental care
14. Maintaining a healthy weight
15. Listening to your body
16. Injury prevention
17. Digital detox for mental clarity
18. Adequate fiber and gut health
19. Learning about your genetic or health risks
20. Emotional regulation and stress response
21. Mind-body activities (e.g., yoga, tai chi)
22. Prevention over cure mindset

3. Relationships

1. Quality time with spouse/partner
2. Active listening
3. Resolving conflicts lovingly
4. Presence over presents
5. Regular family rituals or traditions
6. Expressing love and appreciation
7. Saying "I'm sorry" when needed
8. Having hard conversations
9. Being emotionally available
10. Building trust consistently
11. Shared experiences and memories
12. Prioritizing friendships that nourish you
13. Letting go of toxic relationships
14. Deep conversations beyond small talk

15. Celebrating others' successes
16. Offering help without keeping score
17. Practicing forgiveness
18. Keeping promises
19. Showing up for milestones
20. Knowing their love language
21. Spiritual connection with loved ones
22. Supporting each other's growth

4. Jobs (Career)

1. Working with purpose
2. Long-term skill development
3. Aligning career with values
4. Managing energy, not just time
5. Maintaining professional integrity
6. Saying "no" to distractions or misalignments
7. Strategic networking
8. Clear career vision
9. Taking ownership of results
10. Mentoring or being mentored
11. Giving honest feedback
12. Learning from failure
13. Time-blocking for deep work
14. Regular self-review
15. Managing up effectively
16. Preparing for career transitions
17. Personal brand building

18. Doing what's meaningful, not just urgent
19. Prioritizing impact over busyness
20. Delegating effectively
21. Mental breaks to prevent burnout
22. Investing in long-term credibility

5. Finance

1. Paying yourself first (savings)
2. Living below your means
3. Emergency fund maintenance
4. Budgeting with purpose
5. Paying off high-interest debt
6. Clear financial goals
7. Spending aligned with values
8. Monthly financial review
9. Automating good habits
10. Avoiding lifestyle inflation
11. Creating a will or estate plan
12. Investing in financial education
13. Insurance coverage (health, life, disability)
14. Net worth tracking
15. Annual tax planning
16. Avoiding emotional spending
17. Setting limits on wants vs needs
18. Conscious use of credit
19. Teaching financial literacy to children
20. Aligning financial choices with life goals

21. Having a giving plan
22. Understanding opportunity cost

6. Investing

1. Long-term investment planning
2. Asset allocation strategy
3. Diversification across asset classes
4. Understanding your risk tolerance
5. Staying invested (time in the market)
6. Avoiding timing the market
7. Regular portfolio review
8. Rebalancing when needed
9. Tax-efficient investing
10. Keeping fees low
11. Investing in what you understand
12. Ignoring market noise
13. Dollar-cost averaging
14. Investing in self (education, skills)
15. Aligning investments with purpose (ESG, etc.)
16. Planning for passive income
17. Retirement planning (IRAs, 401k, etc.)
18. Estate and succession planning
19. Having a written investment policy
20. Building multiple income streams
21. Using professional advice when needed
22. Understanding the power of compounding

Would you like a printable version or visual of this “Big Rocks” framework across domains?