

Raise the Sparks-Newsletter #18 – Identifying What Really Matters

Dear Friends:

Do you often make lists of things to do and at the end of the day, or week or month or year, those things are still left undone. Are there things in your life which you consider to be of high import, and yet there never seems to be enough time in the day to reach them. Dr. Steven Covey has addressed these challenges in his writings.

Dr. Covey is a leadership and organizational consultant and author of a number of books including *The Seven Habits of Highly Effective People*. He has lectured to thousands of people around the globe. At many of his lectures, Dr. Covey rolls a large empty 5 gallon container onto the stage. He then rolls out 4 smaller containers. One of these containers has sand in it, the next has pebbles, the third has large rocks and the last container has water. Covey tells the audience he wants to fill up the 5 gallon container with as much of the material from the 4 smaller containers as possible. The key is to choose the correct order of placement of materials. Think about it for a moment. What is the sequence which will yield the greatest amount of material placement in the 5 gallon container? The answer requires a degree of logic. The first item we place into the large container are the big rocks. We then pour in the pebbles which fill in the gaps between the large rocks. We then pour in the sand which fills in the gaps between the pebbles. Finally, we pour in the water which fills in the gaps between the sand. If we did not put the big rocks in first, we would never be able to fit them into the container.

The big rocks are a metaphor for what is important and meaningful to each of us in our lives. When we don't give first priority to the big rocks, there ends up not being enough room in the container for them. We end up having lots of pebbles, sand and water and few if any rocks. The pebbles, sand and water represent all of the other things of various levels of importance that we fill our lives up with; while neglecting our big rocks. I believe the first step in filling your life with big rocks is to reflect upon what is really important and meaningful to you in this life. What are your big rocks?

This is not a question to be answered lightly. I would suggest that you set aside some time to think and write about what really matters in your life. Once you've done this, the next step is to turn your words on the printed page into action.

For most of us, engaging in this process by ourselves is a daunting task. When we work with another person, we can establish the structure and support that is necessary to help us accomplish our goals. As a certified life coach I can help you with this process. Together, we can set personal goals with timelines to accomplish what you want to in this life.

Check out my website www.raisetheparks.com to learn more about my coaching services. You will also find additional articles to help in your personal transformation as well as upcoming events. Please feel free to share this newsletter with others. You can place someone's name on our e-mail list by sending their address to moshek@aol.com

Once we receive it we will make sure they receive all of our future mailings.

Feel free to e-mail me via the contact button on my webpage with any comments or questions..

Yours in peace,

Moshe Kessler

Certified Life Coach