



The Jar of Life Exercise

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**Establish your
Priorities and
live your life
with Intention**



Hello, I'm Atuora



Welcome to the Jar of Life Exercise Guide!

This guide is designed to help you prioritise your time, manage your energy, and find balance in your daily life.

Inspired by the concept of the "Jar of Life," this exercise will assist you in identifying what truly matters to you and making intentional choices that align with your values.

By following the steps outlined in this guide, you will gain a clearer understanding of your priorities and develop a more fulfilling and balanced lifestyle.

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COME SAY HELLO



Introduction

The Jar of Life concept is a powerful metaphor that represents the idea of prioritizing and balancing different aspects of our lives.

Imagine your life as a jar that has limited capacity. The jar symbolizes your time, energy, and resources.

The various items you fill the jar with represent the different commitments, activities, and relationships in your life. Some items are larger and more significant, while others are smaller and less important.

The concept teaches us that in order to live a fulfilling and balanced life, we must first identify and prioritise the most important things—the big rocks—and place them in the jar first. Then, we can fill the remaining space with pebbles and sand that represent lesser priorities and obligations.

By intentionally selecting and organizing the items in our jar, we can ensure that what truly matters to us receives the attention it deserves, while still making room for other aspects of our lives.

Put it into Practice

Identify your big rocks.

These symbolise the things that matter most to you in life.

Identify your pebbles

This is important, but not as essential as the big rocks

Identify your sand

This represents the minutiae of life



Put it into Practice

A glass jar with a metal lid is on the left side of the image. To its right is a large, smooth, grey rock. The background is white. The text is overlaid on the image in four light blue boxes with dark purple text.

Start with an Empty Jar
(Included below)

**Start filling it with your
main priorities first - your
big rocks.**

**Once the jar is full, see if
there are gaps between
the rocks, meaning there
is space for some pebbles.**

Then comes the sand!



Worksheet

Big Rocks

1

Pebbles

2

Sand

3

A Few Tips



Make it tangible - Put your main commitments and priorities in your calendar!



When you are overwhelmed, the solution isn't about doing more. It's about doing the right things.



When your big rocks are always in the jar first, everything else tends to fall into place.

Live your life with Intention

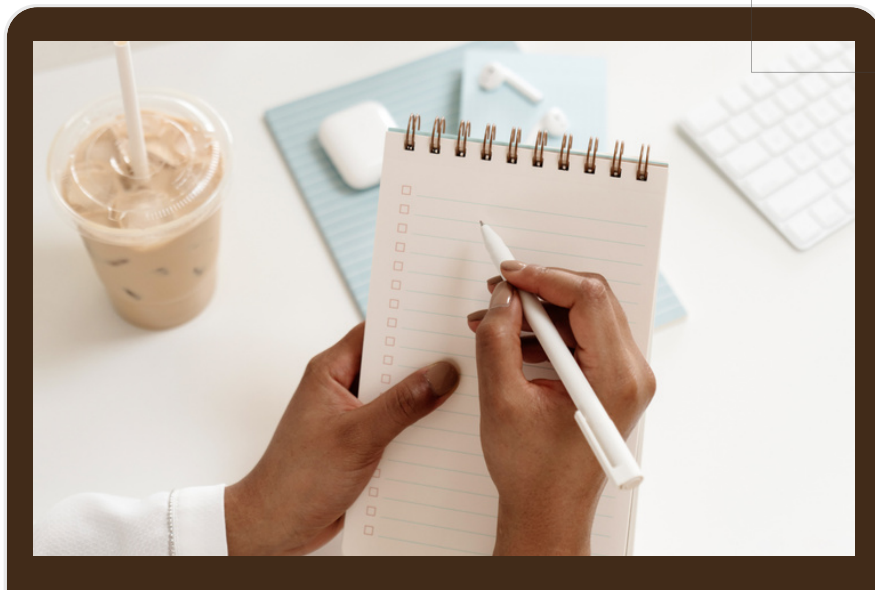
Notes...

Thank You

I hope that the insights gained from this exercise will continue to serve as a useful guide for your daily pursuits.

Remember, life is a collection of moments, and how we fill our "jar" determines the richness and meaning it holds. By choosing to focus on what truly matters and embracing gratitude, we can create a life of purpose and fulfillment.

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