

## Choosing a rock to carry

First, pull all the “rocks” out of your “backpack” and have fun lining them up. They are all so beautiful! Yes, they are heavy, but you picked each one up with a purpose, and each one has feelings attached to it. If you like, you can list your rocks here as the hopes, dreams, and wishes you have with you, more or less all the time. I’ve created some categories to help you think of them, as some may be hiding in corners or pockets, and you may have forgotten why your pack is so heavy! Remember you can have more than one wish per category. You may have many in some categories.

Romantic relationship(s)	Family	Career	Home	Leisure	Self-expression	Exploration

Spiritual	Future plans	<i>Add your own categories here:</i>				

Now you can see why you don’t feel like you’re getting anything done! No one could possibly achieve all this. That’s okay. You’re going to choose **just one rock** to create a measurable (but desirable) outcome for. Does any particular dream call to you? Is there one that your eye goes back to, over and over? Is there one that makes your breath stop? Or one that feels impossible, but you can’t put it down because you want it so bad? **Start with that rock.**