



WELCOME

— THANK YOU FOR JOINING ME —

Thank you for your interest in *Mountains to Move*.

I'm excited to share Chapter 1 with you as a free download.

This chapter sets the foundation for everything in the book and introduces the core idea that drives it.

I wrote *Mountains to Move* for leaders, business owners and professionals who understand that success in business means nothing if it comes at the cost of the life that matters most.

Inside the book, I share the lessons, frameworks and life experiences that have shaped my own journey—and more importantly, the insights I've seen transform the lives of so many others.

Over the coming weeks, I'll be sharing more ideas, resources and behind-the-scenes content to support you on your journey.

Thank you again for being here.

Let's keep moving forward together.

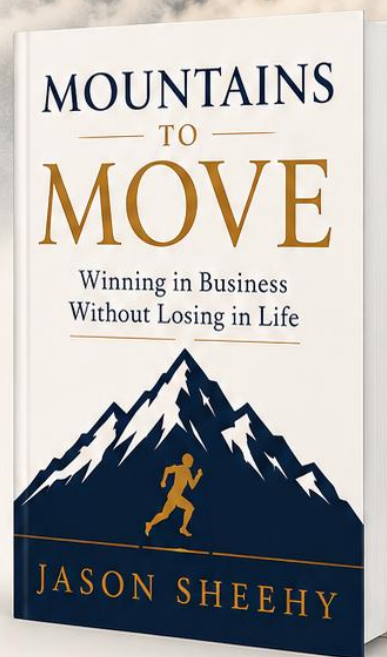
Kind regards,

Jason Sheehy

JASON SHEEHY

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LIFE IN MOTION

MOVEMENT CREATES MOMENTUM

The quality of your life is rarely determined by what you know.

It's determined by what you consistently do.

Chapter 1: Mountains to Move. Don't Move the Big Rocks.

The Illusion of Progress

There comes a point in almost every leader's career where they realise that knowledge is no longer the problem. Information is everywhere. Books, podcasts, videos, courses and conferences are available at the click of a button. We have access to more knowledge than any generation before us, yet many successful people still find themselves stuck. Not because they do not know.

Because they are not moving.

Some are building businesses but neglecting their health. Some are achieving career success while their relationships quietly drift. Some are incredibly busy but no longer certain they are moving in the direction they really want. The challenge is rarely information. The challenge is movement.

Movement requires decisions.

Movement requires priorities.

Movement requires action.

Many people try to solve this problem by adding more. More books, more strategies, more meetings, more ideas or more opportunities.

What they actually need is clarity. They need to know what matters most and they need to know where to start. They need to know what deserves their attention before everything else. That brings us to one of the simplest and most powerful principles I have ever learned.

The Big Rocks.

The Reality of Time and Priority

In any given day, week, month or year it seems like there are always more things to do than there is time to do them. This is true whether you are leading a business, a team, a family or simply trying to lead yourself well. There are always emails and messages. There are always meetings and requests. There are always expectations. There is always noise.

The question is never whether there is enough to do or time to do it. The question is what gets done first. What gets protected. What gets pushed aside. What gets ignored. And what gets lost completely. Something always seems to get lost and most of the time, it is the most important thing. This is where the concept of the big rocks becomes not just helpful but essential. Because without a clear understanding of priority, people default to urgency. They react to what is in front of them. They respond to what is loud. They respond to what is immediate.

And the important things get left behind.

Understanding the Big Rocks Principle

The principle is simple. If you have a glass jar and you fill it with sand first, then add medium rocks, and then attempt to put large rocks in, it will not fit. The jar is already full.

But if you take that same jar and you place the large rocks in first, then the medium rocks, and finally the sand, everything fits. The sand filters in around everything else. The space was always there, it just needed to be used in the right order. This is not just a visual analogy, this is how people live their lives. This is how teams operate and how businesses succeed or fail.

When people fill their days with sand first, there is no room left for what actually matters. And when that continues over time the gap, between where they are and where they want to be, gets bigger.

This idea was popularised through the work of Stephen Covey who spent decades working with organisations around the world teaching effectiveness and leadership. His work consistently pointed to one core truth. The most important things must never be at the mercy of the least important things. When that happens, people become busy but not effective. Active but not productive. Overwhelmed but not fulfilled. If you lead people, you will see this everywhere. Teams work hard, businesses stay busy. Calendars become full and everyone seems productive, yet the outcomes never quite match the effort.

Early Lessons in Focus and Confidence

I saw this long before I had language for it. In my early years I did not grow up thinking I would become a leader or a coach. My life was moving in a very different direction. I played rugby all through school. At eleven years old I started training in Taekwondo. I was one belt away from becoming a black belt and I was told that I needed to train on weekends with the black belts to prepare. That environment intimidated me. I did not feel ready or like I belonged there. So, I stopped. What I did not realise at the time was that even though I had stopped the training, the training had not stopped working in me. The discipline and the confidence that had been built stayed with me. It became a big rock in my life long before I understood what that meant.

Big rocks do not just produce results in the moment. They shape identity. They stay with people. They influence decisions long after the activity itself has stopped.

When Life Shifts the Plan

At thirteen my parents divorced and my mother carried the weight of making sure my sister and I stayed in private school and continued with activities. There were always

demands on time and energy and resources. There were always decisions to make about what mattered most. At that stage I had decided that I wanted to become a pilot. Everything I was doing academically was moving in that direction. My mother even paid for flying lessons so I could get a head start. I was flying a small Cessna and building toward that goal before I was old enough to drive a car. That was the big rock.

Then life shifted. During a rugby game I was injured. A boot to the face. Surgery followed, and the decision was made for me. No more rugby. The path I had been building toward changed.

This is something you will see in the people you lead. Something important happens. Life shifts, plans change. Things happen that were not expected, and when that happens, something fills the space.

The question is whether it is chosen or whether it just happens.

Choosing the Next Big Rock

My sister invited me into a dance performance. At the time it was simply something to do. A way to be involved. A way to fill a gap. What I did not realise was that this was becoming the next big rock. One class turned into two. Two turned into five. Before long I was fully immersed. What had started as something small became the centre of my focus. That is what big rocks do. When they are placed intentionally, they shape everything around them.

- They influence how time is used.
- They influence what gets said yes to.
- They influence what gets said no to.

One of the greatest responsibilities of leadership is helping people identify what matters most. Before we can lead others well, we must first be clear about our own priorities.

Commitment and Immersion

I applied for a full-time dance program at Queensland University of Technology. I did not have the same years of experience as many others. I did not have the same background. What I had was confidence. Confidence that I could do it. Confidence that I could learn. Confidence that I could perform. That confidence carried me to acceptance into the program. Two years of full-time training followed. Eight in the morning to five in the afternoon, every day. Multiple disciplines. Constant repetition. Constant refinement. This is where another layer of the big rocks principle reveals itself. It is not just about choosing what matters. It is about staying with what matters long enough for it to produce something. Because it is easy to start and to be excited. It is easy to say yes. It is much harder to continue. It is much harder to stay. It is much harder to refine.

And yet that is where the result is built.

When Structure Disappears

After graduating I auditioned for the Australian Opera in Sydney. I got the role and moved to Sydney. From the outside this looks like success. From the inside it reveals another truth. Nobody was there anymore to structure my time. Nobody was there to enforce the big rocks. The classes that built my skill were no longer scheduled. The discipline that shaped my performance was now my responsibility. And I did not protect it. I allowed other things to fill the space. The result that followed was at the end of the contract it was not renewed.

This is where the big rocks principle becomes deeply practical. It is not enough to know what matters. You must protect it. You must prioritise it. You must plan for it. Without that, the sand always wins.

Planning and Execution

Psychologist Peter Gollwitzer at New York University studied what he called implementation intentions. His work showed that people who decide in advance when and where they will complete a task are significantly more likely to follow through. It is not enough to say this is important. You must decide when it will happen. You must give it space. You must put it in the jar first.

As a leader, this becomes one of your greatest responsibilities. Whether you are leading yourself, your family, a team or an organisation, priorities only become reality when they are planned. Planning becomes critical. Use your diary or a to-do list. Use a calendar, paper or electronic, it does not matter. What matters is that it is used with intention. Structure supports behaviour, and behaviour produces results.

Identifying the Big Rocks

What are the three most important things that need to be done today. This week. This month. This quarter. This year. Not everything. not even ten things, just three. The big rocks. And once they are identified, they must be placed first. They must be protected. They must not be pushed aside.

When Life Happens

Life will still happen. It always does. There will be interruptions. There will be unexpected events. There will be moments where what was planned cannot happen at the exact time it was scheduled. That does not mean it is removed. It means it is moved. There is a difference. Big rocks are not cancelled. They are rescheduled. They are protected because they matter.

If playing with your child on a Saturday morning is a big rock and something unexpected happens, you do not remove it from your life. You move it to later. You protect it. You honour it. Because it was important enough to be a big rock in the first place.

Structuring the Day

This is not simply a productivity technique. It is a leadership discipline. Successful people rarely leave their priorities to chance. They schedule them before everything else begins competing for their attention.

Big rocks first. Then medium rocks. Then allow space for the sand. The emails. The interruptions. The noise.

This structure does not remove flexibility. It creates it. Because now there is space to move things without losing what matters.

Application Across Life and Leadership

This principle applies across every area of life. Business, Family, Health, Personal growth. When big rocks are placed first, everything else finds its place. When they are not, everything else takes over.

I saw this again later in life when I moved into retail and then into banking. Leading teams, opening stores, growing businesses, there were always demands. Always targets. Always pressure. The difference between teams that performed and teams that struggled was not effort. It was focus. The teams that knew what mattered most and protected it performed. The teams that allowed everything to become important lost clarity.

The Leader's Responsibility

There have been seasons where I allowed other things to take priority over what mattered most. Success in one area has a way of demanding more attention, and if we are not careful it quietly begins taking attention away from the areas that matter just as much.

That is why this principle is never mastered once. It must be revisited continually.

It is not a yearly decision. It is a daily discipline.

Leadership begins by leading yourself. Before you can bring clarity to your team, you must have clarity in your own life. Before you can help others identify their big rocks, you must know your own.

The people around us rarely follow what we say. They follow what we consistently prioritise.

Final Thought

Everyone has mountains to move. The difference is not the size of the mountain. The difference is whether they try to move the sand first.

If they do, the mountain never moves.

I hope you have enjoyed Chapter 1 of *Mountains to Move*. Over the coming weeks, I'll be sharing more ideas, practical insights, behind the scenes content and exclusive resources to support you on your journey. You'll find fresh content across Facebook, Instagram, LinkedIn and YouTube, where we'll continue exploring what it means to win in business without losing what matters most.

Jason Sheehy
Founder | Life in Motion

Helping successful executives win in business without losing what matters most.

Scan the QR code to visit my Contact page, where you'll find links to all of my social media channels, my website and the latest resources from Life in Motion.

You'll also have the opportunity to book a complimentary Discovery Session, where we can explore your goals, your challenges and what winning in business without losing what matters most could look like for you.

Thank you again for being here. Let's keep moving forward together.



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