

Jelly Bean Exercise



For this exercise, you will be given 15 Jelly Beans and 6 cups.

Brainstorm Your Priorities in Life

Brainstorm your priorities in life and write these out below. Examples of common priorities are family/friends; freedom; security; money; reputation; status; love/relationship; making a difference; work-life balance; health, etc.

My Priorities:

6 Most Important Priorities to Me

Out of all the priorities you have written down, choose only 6 priorities which are most important to you. Each cup will then be labelled with the priority you have chosen (one priority per cup).

Priority 1: _____

Priority 2: _____

Priority 3: _____

Priority 4: _____

Priority 5: _____

Priority 6: _____

Distributing Your Jelly Beans!

Distribute your Jelly Beans among the cups based on how high in their priority they are to you. Then arrange the cups in order from highest priority to lowest. For example:

- Priority 1: Success = 4 Jelly Beans
- Priority 2: Money = 4 Jelly Beans
- Priority 3: Security = 3 Jelly Beans
- Priority 4: Independence = 2 Jelly Beans
- Priority 5: Fun = 1 Jelly Bean
- Priority 6: Friends/Family = 1 Jelly Bean

You will then take away 2 Jelly Beans from any of the cups.

Then another 1

Then another 3

Then another 1

Then another 3

(At the end, you should be left with 5 Jelly beans)