

The Mayonnaise Jar

... and the Two Cups of Coffee

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the Mayonnaise Jar...and Two Cups of Coffee...

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty Mayonnaise Jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed it that it was.



The professor then picked up a box of pebbles and poured them into the Mayonnaise Jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the Mayonnaise Jar. Of course, the sand filled up everything else. He asked once more if the Mayonnaise Jar was full. The students responded with a unanimous "Yes".

The professor then produced Two Cups of Coffee from under the table and poured the entire contents into the Mayonnaise Jar, effectively filling the empty space between the sand. The students laughed.

"Now", said the professor, "I want you to recognize that this **Mayonnaise Jar represents your life.**"

The '**golf balls**' are the important things - your God, your family, your children, your health, your friends and your favourite passions - things that if everything else was lost and only they remained, your life would

still be full.

The '**pebbles**' are the other things that matter like your job, your house, your car. The '**sand**' is everything else - The Small Stuff.

"If you put the sand into the jar first", he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you

spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical check-ups. Take your partner out to dinner. Play another round of golf. There will always be time to clean the house and take out the garbage. Take care of the golf balls first, the things that really matter. **Set your priorities.**"

One of the students raised her hand and inquired what the Two Cups of Coffee represented.

The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of Cups of Coffee with a friend."

This was sent to us on numerous occasions by readers requesting we print it. We found it in 100's of places credited as anonymous. We had one clue that didn't reply by press time. So we bless the person who wrote it with such caring. If you already know who it is- share the secret. We'll pass it on next issue.



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