

# The jar

A professor arrived in class with a glass jar, the kind usually used to preserve food. He placed it on the desk, then bent down under the shelf and pulled out about ten stones, irregularly shaped, and carefully, one at a time, placed them in the jar. When the jar was completely filled and no more stones could be added, he asked the class, "Is the jar full?" Everyone answered yes.

"Really?" He bent down again under the table and pulled out a bucket of gravel. He poured the gravel, shaking the jar slightly, so that the pebbles slipped into the spaces between the stones. He asked again: "Is the jar full now?" At this point the class had understood.

"Probably not," replied one.

"Good," replied the teacher. He bent down under the table and took a bucket of sand and poured it into the jar, filling all the remaining free space.

Again, "Is the jar full?"

"No!" the class replied in chorus.

"Good!" resumed the teacher.

He took out a jug of water and poured it into the jar, filling it to the brim.

"What is the meaning of the story?" he asked at this point.

A hand rose instantly: "It is that no matter how busy your schedule is, if you work hard there will always be a hole to add something else!"

"No. The truth it teaches us is that if you don't put the stones in first, you will never put them in."

What are the "stones" in your life? Your children, your loved one, your loved ones, your level of education, your dreams, having time for yourself, your health...

Remember to put these "stones" in first, otherwise they will never fit. If you get exhausted by the little things (the gravel, the sand), then you will fill your life with minor

things that you will worry about never really giving the big and important things their due.

When you reflect on this little story, ask yourself "What are the 'stones' in my life?"

Put those in the jar first.