

Your Life

By Geoff Serpell

I received a treasured mail from a cousin about the “*mayonnaise jar*”.

When things in your life seem almost too much to handle, when 24 hours in a day is not enough, re-member the mayonnaise jar and two coffees.

A professor stood before his philosophy class and had some items in front of him. Class began in silence as he filled the jar with golf balls. The students agreed that the glass was full.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar and the pebbles rolled into the open spaces between the golf balls. Was the jar now full? Yes.

Now came a box of sand and it got poured into the jar. Was the jar now full? Yes.

Reflection:

Pay attention to the things that are critical to your happiness. Play with your children, take time to get medical check-ups and take your partner out to dinner. There will always be time to clean the house and fix the dripping tap. Take care of the golf balls first, the things that really matter. Set priorities because the rest is just sand.

One student asked what the coffee represented, and the professor replied: “It just goes to show you that no matter how full your life may seem, there’s always room for a cup of coffee with a friend.”

The professor then produced two cups of coffee and poured them into the jar. After the laughter died down the professor said: “*I want you to recognise that this jar represents your life.*”

The golf balls are the important things including God, family, health, friends, and favourite passions. Things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the things that matter like your job, house, and car while the sand is everything else: the small stuff. If you put the sand in first, there is no room for the golf balls or the pebbles. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for things that matter most.