

Mayonnaise Jar & 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 that it was.

The professor then picked up box of **pebbles** and poured them in the 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 jar. Of course, the **Sand** filled up everything else. He asked once more if the 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 liquid in the jar, effectively filling the empty space between the sand. The students laughed. “Now,” said the professor, as the laughter subsided, “I want you to recognize that this jar represents your life. The **golf balls** are the important things – God, family, children, health, friends, and favourite passions —things that if everything else was lost and only they retained, you life would still be full.

The **pebbles** are the other things that matter like your job, house, and car. The sand is everything else —the small stuff.

“If you put the **Sand** in to 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”. “Sopay 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 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first —the things that really matter. Set your priorities, the rest is just **Sand**.”

One of the students raises her hand and inquired what the coffee represented. The professor smiled, “I m glad you asked, ***It just goes to show that no matter how full your life may seem, there’s always room for a couple of cups of coffee with a friend.***”

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Kids can think quickly also....

Teacher : Donald what is the chemical formula for water?

Donald : H I J K L M N O!!

Teacher : What are you talking about?

Donald : Yesterday you said its H to O!

Teacher : Now, Simon tell me frankly, do you say prayers before eating?

Simon : No sir, I don’t have to , my Mom is a good cook.

Teacher : Clyde, your composition on “My Dog” is exactly the same as your brother’s. Did you copy his?

Clyde : No, teacher, its’ the same dog!!!

Teacher : John, why are you doing your maths multiplications on the floor”?

John : You told me to do it without using tables!

Teacher : Winnie, name one important thing we have today that we didn’t have ten years ago

Winnie : ME !

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