

Rocks, pebbles, sand and beer

A philosophy professor stood before his class and picked up a large, empty mayonnaise jar which he proceeded to fill with rocks. He asked his students if the jar was full.

They agreed that it was, so the professor picked up a box of pebbles and poured them into the jar. He shook the jar lightly and the pebbles rolled into open areas between the rocks. He asked again if the jar was full. They agreed it was. The professor picked up a box of sand and poured it in and the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous yes.

The professor produced two cans of beer and poured them into the jar, filling the empty space between the sand. The students laughed.

"Now," said the professor, "This jar represents your life. The rocks are the important things - your family, your partner, your health, your children--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 really small stuff. If you put the sand into the jar first," he continued, "there is no room for the pebbles or the rocks. The same goes for your life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important.

"Pay attention to the things that are critical to your happiness. Play with your children. Take time to get checkups. Take your partner out dancing. There will always be time to go to work, clean the house and fix the disposal. Take care of the rocks first -- the things that really matter. Set your priorities. The rest is just sand."

***If the 'Jar' represents the 'Group',
what do the rocks, the pebbles, and the sand stand for?***

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