

# **The Mayonnaise Jar and 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 the coffee...

A professor stood before his philosophy 101 class with several items on the table in front of him. When the class began, without a word, he picked up a very large, 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.

So the professor then picked up a box of small pebbles and poured them into 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 entire contents into 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 - your family, your children, your health, your friends, and your favorite passions – things that if everything else was lost and only these remained, your life would still be full. I'm hoping Masonry is in that list too.

The pebbles are the other things that matter like your job, your house, and 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.

Pay attention to the things that are critical to your happiness. Play with your children or grandchildren! Take time to get that medical checkup you've been putting off. Take your partner out to dinner...someplace nice! Maybe even play another nine holes of golf. There's always time to clean the house or fix the leaky faucet.

Take care of the golf balls first, the things that really matter. Set your priorities. The rest....is just sand.

One of the students raised her hand and inquired what the coffee represented. I'm glad you asked, said the professor. "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."