

December 2009: The Mayonnaise Jar

## The Mayonnaise Jar

**This is an old story, but a great philosophy on life...**

*When things in your life seem, almost too much to handle,*

*When 24 Hours in a day is not enough,*

*Remember the mayonnaise jar and 2 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 a box of  
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 -  
family, children, health, Friends, and Favorite  
passions*

*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, house, and 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.*

Continued ....



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December 2009: The Mayonnaise Jar Continued...

*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.*

So...

*Pay attention to the things that are critical to your happiness.*

*Play With your children.*

*Take time to get medical checkups.*

*Take your partner out to dinner.*

*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 raised her hand and inquired what the coffee represented.*

*The professor smiled..*

*'I'm glad you asked'.*

*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.'*



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