

The importance of rocks...

A philosophy professor stood before his class and had some items in front of him.

When class began, wordlessly he picked up a large empty mayonnaise jar and proceeded to fill

it with rocks, rocks about 2" in diameter. He then asked the students if the jar was full?

They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the

jar lightly. The pebbles, of course, rolled into the open areas between the rocks. He then

asked the students again if the jar was full. They agreed it was. The students laughed.

The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up

everything else. "Now," said the professor, "I want you to recognize that this is your life. The

rocks are the important things - your family, your partner, your health your children - anything

that is so important to you that if it were lost, you would be nearly destroyed. The pebbles are

the other things that matter like your job, your house, your car. The sand is everything else.

The small stuff." "If you put the sand into the jar first, there is no room for the pebbles or the

rocks. The same goes for your life. If you spend all your energy and time on the small stuff,

you will never have room for the things that are important to you. 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 dancing. There will always be time to go to work, clean the

house, give a dinner party and fix the disposal" "Take care of the rocks first - the things that

really matter. Set your priorities. The rest is just sand."

-Unknown

"You can easily judge the character of a man by how he treats those who can do nothing for him"

By: James. D. Miles