

The pebbles are the other things that matter. 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 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 to dinner. Play another 18. There will always be time to clean the house and fix the tap. 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."

Jewish fathers

A Jewish father was troubled by the way his son turned out, and went to see his Rabbi about it. "I brought him up in the faith, gave him a very expensive bar mitzvah, cost me a fortune to educate him. Then he tells me last week he has decided to be a Christian! Rabbi, where did I go wrong?"

"Funny you should come to me," said the Rabbi. "Like you I, too, brought my boy up in the faith, put him through University, cost me a fortune, then one day he, too, tells me he has decided to become a Christian."

"What did you do?" asked the father.

"I turned to God for the answer" replied the Rabbi.

"And what did he say?" pressed the father.

"God said, 'Funny you should come to me...!'"

