

Let's fill the jar properly!

The lecture hall was filled when the philosophy professor, let's call him Professor David Whitehead, Ph.D., entered. He took a few things out of his trolley bag and placed them on the lectern. He checked his microphone, greeted the students, and began to fill a preserving jar with fist-sized stones so that he could just close the lid. Then he asked: "Is this jar full now?"

Everyone could answer such a simple question, so a many-voiced "Yes..." echoed through the hall. The professor made a doubting face. He opened a shoebox full of gravel and poured it into the jar. In between, he shook the jar gently so that the pea-sized pebbles rolled into the spaces between the larger stones. He turned to a student in the front row and asked her: "Is the jar full now?"

The young woman hesitated, then said, after a "Yeah!" was whispered to her from left and right: "I think so."

The professor smiled. He took a box of sand and poured it into the glass. The fine sand trickled into the last spaces. The students laughed.

"Now, ladies and gentlemen...", said the professor. He paused for effect and continued: "... I want you to realise that this glass is like your life!"

The lecture hall was now dead silent, and the students weren't looking at their smartphones anymore.

"The stones are the important things in life: Your family, your partner, your friends, your children, your vocation, your health. Things that - if everything else fell away and only they remained - would still fulfil your life. The gravel consists of the many other, less important things, such as your job, your flat, your house, your car, your hobbies and probably your smartphone.



The sand symbolises the very small things in life. We could call them the nice-to-haves, even though they often seem like must-haves to us. Fill this sand into the jar first, then there will be no room for the pebbles or the big stones.

It's the same in life: If you waste all your energy on clutter, you won't have the energy for the essentials. Let's pay attention to the important things, let's make time for the things that are closest to our hearts! There is certainly enough time left for work, fitness, household chores, parties, TV, gaming, chatting, two-week tattoos and the like.

It's the big stones that really count in life! The rest is nothing but sand."

While Professor Whitehead went to the washbasin to clean the sand off his hands, the students in the hall began a lively discussion.

One student in the second front row argued: "The experiment shows me that if I think my agenda is full, I can still add new appointments if I really want to." He said and hurried off to the canteen, where he had arranged to meet his girlfriend.

Then the professor returned to the lectern. He had a large glass of water in his hand. Had his mouth dried out from talking?

Write down an ending and its conclusions!

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