

## *New Year Resolutions*

**Before** you make those new year resolutions, stop and consider your real priorities for the year ahead. To help you in your task, here is a little story for your consideration.

A professor stood before his philosophy class and had some items in front of him. When the class began, he picked up a very large and empty jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They all agreed that it was. The professor then picked up a box of pebbles and poured them into the jar and shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He again asked the students if the jar was full. They agreed that it was now full. 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 and they responded with a unanimous 'yes'.

The professor then produced two beer cans from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed at how they had been tricked.

"Now," said the professor as the laughter subsided, "I want you to consider that this jar represents your life. The golf balls are the important thing: your family, your children, your health, your friends and your favourite passion; and if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter, such as: your job, your house, 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. Spend time with your children. Spend time with your parents. Visit your grandparents. Take your spouse out to dinner. There will always be time to get that new iPad or to clean the house and mow the lawn. Take care of the golf balls first; the things that really matter. So, recognise your real priorities; the rest is just sand."

One of the students raised her hand and inquired what the beer represented. The professor smiled and said, "I'm glad you asked that. The beer just shows you that no matter how full your life may seem, there's always room for a couple of beers with a friend."

*"...no matter how full your life may seem, there's always room for a couple of beers with a friend."*

Life isn't about waiting for the storm to pass; it's learning how to dance in the rain! Hopefully we will be able to follow the professor's advice in the not-too-distant future after the lock-downs finish and we are again able to visit friends and relatives.

Happy new year!

**Jim Cook**