**IMPORTANCE OF PRIORITIES IN OUR LIFE.**

A teacher walks into a classroom and sets a glass jar on the table. He silently places 2-inch rocks in the jar until no more can fit. He asks the class if the jar is full and they agree it is. He says, “Really,” and pulls out a pile of small pebbles, adding them to the jar, shaking it slightly until they fill the spaces between the rocks. He asks again, “Is the jar full?” They agree. So next, he adds a scoop of sand to the jar, filling the space between the pebbles and asks the question again. This time, the class is divided, some feeling that the jar is obviously full, but others are wary of another trick. Then he explained “If this jar is your life, what does this experiment show you?” A bold student replies, “No matter how busy you think you are, you can always take on more.” “That is one view,” he replies. Then he looks out at the class making eye contact with everyone, “The rocks represent the BIG things in your life – what you will value at the end of your life – your family, your partner, your health, fulfilling your hopes and dreams. The pebbles are the other things in your life that give it meaning, like your job, your house, your hobbies, your friendships. The sand represents the ‘small stuff’ that fills our time, like watching TV or running errands.” Looking out at the class again, he asks, “Can you see what would happen if I started with the sand or the pebbles?”

If you put sand into the jar first, there is no room for the rocks or the pebbles. The same can be applied to your lives. If you spend all your time and energy on the small stuff like bikes, cars, jewelleries, you will never have room for the things that are truly important.  
  
Pay attention to the things in life that are critical to your happiness and well-being. Take time to get medical check-ups, play with your children, go for a run, spend some time with your parents, If you live away from home make calls to your parents daily. There will always be time to go to work, clean the house, or fix the disposal. Take care of the rocks first – things that really matter. Set your priorities. The rest is just pebbles and sand.