A professor of philosophy entered the class with some things. When the class started, they took a large empty glass jar and started filling large pieces of stone in it. Then he asked the students if the jar was full. And everyone said "yes"

Then the professor took a box full of small pebbles and started filling them in the jar. After moving the jar a little, these pebbles settled between the stones. Once again he asked the students if the jar was full. And everyone answered yes.

Then the professor took out a sand box and started putting the filled sand in the jar. The sand also filled the remaining space. And once again they asked if the jar was full? And everyone answered together, "Yes"

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These pebbles are some other things that matter - like your job, your home, etc.

And this sand represents everything else.

If you fill the jar with sand first then there will be no room left for the pebbles and stones. This is what happens with your life. If you put all your time and energy into small things, then you will never have time for those things which are important to you. Pay attention to the things that are necessary for your happiness. Play with children, dance with your partner. There will always be time to go to work, to clean the house, to give a party. But pay attention to the stones first - things that really matter. Set your priorities. The rest is just sand. "