

Time Management

I was recently reading about an expert who was speaking to a group of business students on the subject of time management. To illustrate a point, this man stood in front of this group of high-powered over-achievers and said, "Okay, time for a quiz."

He pulled out a one-gallon, wide-mouthed mason jar and set it on a table in front of him. Next he produced about a dozen fist-sized rocks and carefully placed them, one at a time, into the jar. When the jar was filled to the top and no more rocks would fit inside, he asked, "Is this jar full?" Everyone in the class said, "Yes."

To their response he replied, "Really?" He reached under the table and pulled out a bucket of gravel. He dumped some gravel in and shook the jar causing pieces of gravel to work themselves down into the spaces between the big rocks. Then he asked the group once more, "Is the jar full?"

By this time the class was onto him. "Probably not," one of them answered. "Good!" he replied.

He reached under the table and brought out a bucket of sand. He started dumping the sand in and it went into all the spaces left between the rocks and the gravel. Once more he asked the question, "Is this jar full?" "No!" the class shouted.

Once again he said, "Good!" Then he grabbed a pitcher of water and began to pour it in until the jar was filled to the brim.

He looked up at the class and asked, "What is the point of this illustration?" One eager student raised his hand and said, "The point is, no matter how full your schedule is, if you try really hard, you can always fit something more things into it!"

"No," the speaker replied, "that's not the point. The truth this illustration teaches us is:

If you don't put the big rocks in first, you'll never get them in at all."

Ask yourself, "**What are the 'big rocks' in my life that should be put into my jar FIRST?**"

The big rocks represent the important things - your family, children, health, friends and the things that make your life full. If you lost everything else your life would still be full. The pebbles represent things that matter like your job, your house and car. The sand represents the small stuff. If you put the sand into the jar first, there is no room for the pebbles and rocks. If you spend all your time and energy on the small stuff you will never have room for the things that are important.

In Matthew 6:33 the Lord states, "Wherefore, seek not the things of this world but seek ye **first** to build up the kingdom of God, and to establish his righteousness; and all things shall be added unto you". In History of Church 6:313 Joseph Smith said, "The **greatest responsibility** in this world that God has laid upon us is **to seek after our dead.**"

Seek to strengthen families, making them peaceful, safe havens from the cares of the world.

Seek to be good neighbors and thus Seek to provide selfless service because of love for others.

Seek to be self-reliant, rather than depend on someone else to provide.

Seek to be faithful, not allowing discouragement, despair or depression to control us.

Seek to Proclaim the Gospel.

Seek to Redeem the Dead.

Seek the whisperings from the Holy Ghost.

As we prayerfully seek after balance, we need to reflect upon the important matters of our lives.