



## THE JAR OF LIFE

### I. Work in pairs/groups. Discuss the questions below:

What are the most important things in life for you? Why?

### II. Watch a part of a video (0:00-1:40) <https://www.youtube.com/watch?v=SqGRnlXplx0> Discuss the meaning of golf balls, pebbles and sand. What do you think they represent?

### III. Watch the remaining part of the video and check your answers. Fill in the gaps in the table below.

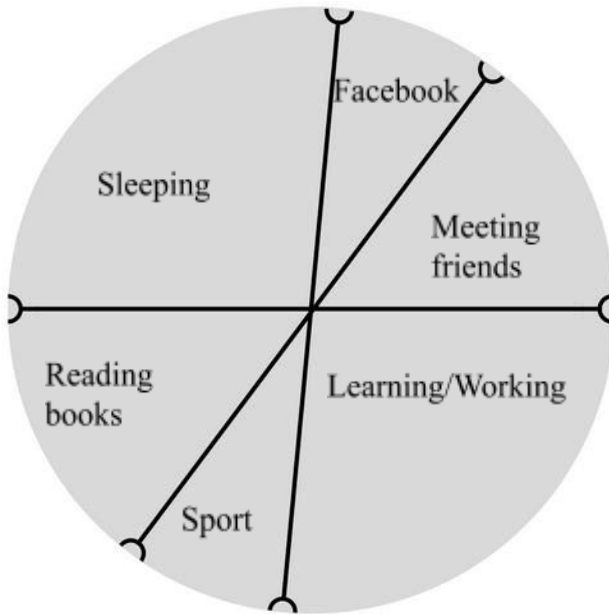
WHAT DO THESE THINGS REPRESENT?		
GOLF BALLS	PEBBLES	SAND

### III. Think about your life – what are balls, pebbles and sand in your life? Discuss your ideas with your partner

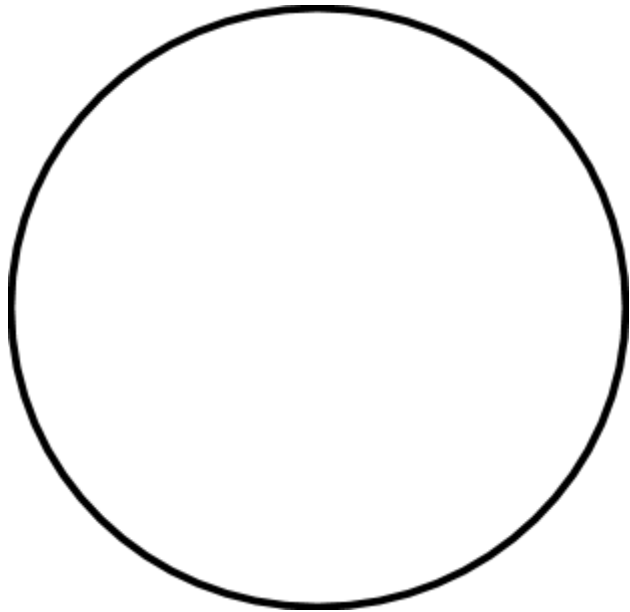
WHAT ARE THESE THINGS IN YOUR LIFE?		
GOLF BALLS	PEBBLES	SAND

**IV. Think about your average day. Fill in the circle on the right with your everyday activities – remember that the more time you spend on an activity, the bigger the space is.**

Example:



Your average day:



**V. Compare your pie chart with the exercise 3 – How much time do you spend on balls, pebbles or sand? What takes you the biggest amount of time? Discuss it with your partner.**

**VI. Are you satisfied with your life and the amount of time you spend on golf balls/pebbles/sand? What would you change and why? How would you change it?**

***\*A FOLLOW-UP***

***Write a paragraph about what you can do to change your life so that your life is filled more with balls rather than sand.***