



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 the 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.

----With underage students skip the part about a couple of beers with friends (after 2:33)----

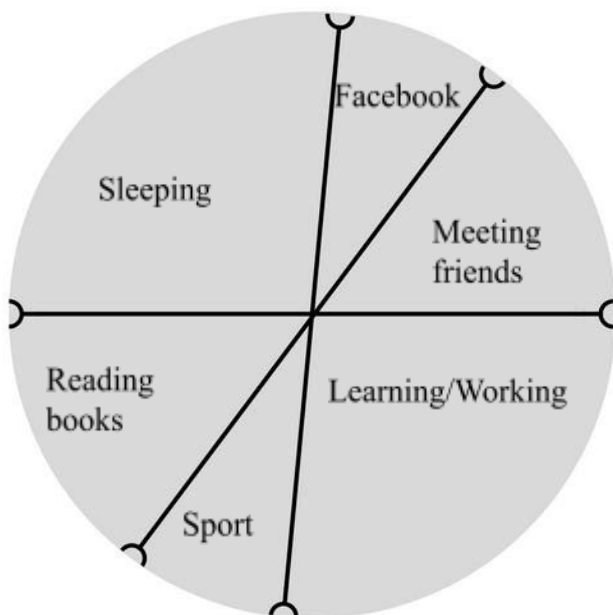
WHAT DO THESE THINGS REPRESENT?		
GOLF BALLS	PEBBLES	SAND
<i>The most important things in life, for instance family, friends health, passions</i>	<i>Important things in life, for example a car, a job, a home</i>	<i>Small stuff, not important</i>

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

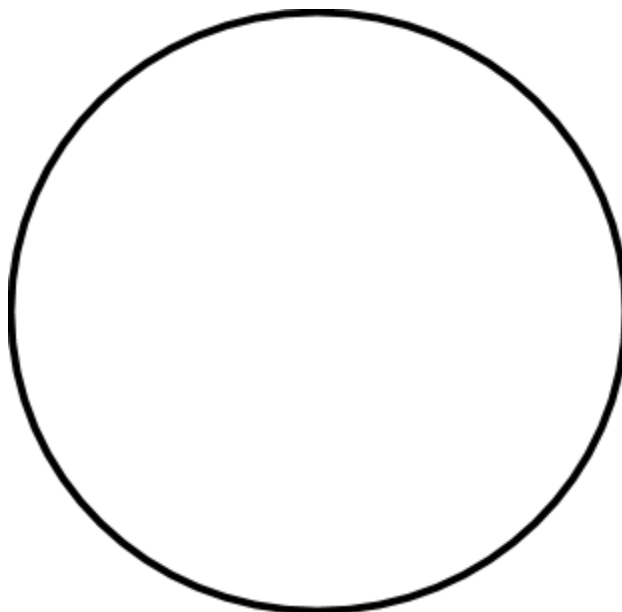
WHAT ARE THESE THINGS IN YOUR LIFE?		
GOLF BALLS	PEBBLES	SAND

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?

****FOLLOW-UP 1***

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

****FOLLOW-UP 2***

A lesson on time management techniques (for example the Pomodoro technique or the Eisenhower matrix)