

[美文欣赏]人生的大石头 (BigRocks) PDF转换可能丢失图片或格式 , 建议阅读原文

https://www.100test.com/kao_ti2020/239/2021_2022__5B_E7_BE_8E_E6_96_87_E6_AC_A3_c82_239691.htm One day, an expert in

time management was speaking to a group of students and, to drive home a point, used an illustration those students will never forget. 一

天, 时间管理专家为一群学生讲课。他现场做了演示, 给学生们留下了一生都难以磨灭的印象。As he stood in front of the

group of overachievers he said, "OK, time for a quiz." He pulled out a one-gallon, wide-mouth jar and set it on the table in front of him.

He also 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?" 站在那些高智商高学历的学生前面, 他说: “我们来做个小测验”

, 拿出一个一加仑的广口瓶放在他面前的桌上。随后, 他取出一堆拳头大小的石块, 仔细地一块放进玻璃瓶。直到石块高出瓶口, 再也放不下了, 他问道: “瓶子满了?”

” Everyone in the class yelled, "Yes." The time management expert 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. He then asked the group once more, "Is this jar full?" 所有

学生应道: “满了!”。时间管理专家反问: “真的?” 他伸手从桌下拿出一桶砾石, 倒了一些进去, 并敲击玻璃瓶壁使砾石填满下面石块的间隙。

“现在瓶子满了吗?” 他第二次问道。By this time the class was on to him. "Probably not," one of

of the students said. "No, it isn't full yet." He reached under the table and pulled out a bucket of sand. He dumped some sand in and shook the jar, causing the sand to fill the spaces between the gravel and the rocks. He then asked the group once more, "Is this jar full?"

them answered. "Good!" he replied. He reached under the table and brought out a bucket of sand. He started dumping the sand in the jar and it went into all of the spaces left between the rocks and the gravel. Once more he asked the question, "Is this jar full?"但这一次学生有些明白了，“可能还没有”，一位学生应道。“很好！”专家说。他伸手从桌下拿出一桶沙子，开始慢慢倒进玻璃瓶。沙子填满了石块和砾石的所有间隙。他又一次问学生：“瓶子满了吗？”"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. Then he looked 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 some more things in it!" “没满！”学生们大声说。他再一次说：“很好！”然后他拿过一壶水倒进玻璃瓶直到水面与瓶口平。抬头看着学生，问道：“这个例子说明什么？”一个心急的学生举手发言：“无论你的时间多少，如果你确实努力，你可以做更多的事情！”"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. What are the big rocks in your life? Time with your loved ones, your education, your dreams, a worthy cause, teaching or mentoring others? Remember to put these big rocks in first or you'll never get them in at all." “不！”时间管理专家说，“那不是它真正的意思，这个例子告诉我们：如果你不是先放大石块，那你就再也不能把它放进瓶子了。那么，什么是你生命中的大石头呢？也许是你的道德感、你的梦想？还有

你的---切切记得先去处理这些大石块，否则，一辈子你都不能做！”我们可曾问过自己这个问题：人一生的“大石头”是什么？找出自己人生的“大石头”，然后把它们先放进我们人生的瓶子中！100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com