

Put the Glass Down Today

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Professor began his class by holding up a glass with some water in it. He held it up for all to see & asked the students.

"How much do you think this glass weighs?"

100 gms! ?.. 125 gms! ?..150 gms, the students answered.

"I really don't know unless I weigh it", said the professor, "but, my question is what would happen if I held it up like this for a few minutes?"

'Nothing' ?.. the students said.

"Ok what would happen if I held it up like this for an hour?" the professor asked.

'Your arm would begin to ache' said one of the students.

"You're right, now what would happen if I held it for a day?"

"Your arm could go numb, you might have severe muscle stress & paralysis & have to go to hospital for sure!" ?.. ventured another student & all the students laughed.

"Very Good! But during all this, did the weight of the glass change?" asked the professor.

'No'?. was the answer.

"Then what caused the arm ache & the muscle stress?"

The students were puzzled.

"What should I do now to come out of pain?" asked professor again.

"Put the glass down!" said one of the students

"Exactly!" said the professor.

Life's problems are something like this. Hold it for a few minutes in your head & they seem OK. Think of them for a long time & they begin to ache. Hold it even longer & they begin to paralyze you. You will not be able to do anything. It's important to think of the challenges or problems in your life, but EVEN MORE IMPORTANT is to 'PUT THEM DOWN' at the end of every day before you go to sleep.

That way, you are not stressed, you wake up every day fresh & strong & can handle any issue, any challenge that comes your way! So, when you leave office today, remember to

PUT THE GLASS DOWN TODAY!

I hope this article makes a big change in you.