



"We cannot see the forest for the trees."

Looking at the big rocks

A professor stood in front of his class with a large, empty vase. He took some large rocks and placed them in the vase until it was filled to the top. "Is the vase now full?" he asked his class. After a long pause someone shouted "Yes!" from the back of the class. "You can't fit any more rocks in there" the student explained. Without saying a word the professor took a pail full of gravel and poured it over the rocks. The gravel filled many of the holes between the larger rocks. "Is the vase full now?" the professor asked again. Now catching on, a number of students said "no, you can add smaller rocks." The professor then took a bag of sand and added it to the vase. The sand filled all of the holes between the large and small rocks until it reached the top of the glass container. "It's not full yet" a student yelled, "add water." Smiling at the rate his classed caught on to his demonstration, the professor poured a large pail of water into the vase until it was filled to the top.

The moral of this story is that each of us needs to identify the "big rocks" in our lives and make sure that they have room in our busy schedules before we add anything else. What would have happened if the professor would have added the sand and water ("little rocks") first? There would have been no more room for the bigger rocks without the water overflowing out of the vase. All too often we get caught up in the small daily events that fill our lives. We attend to so many "small rocks" on a daily basis that many of our big rocks never seem to get any time in our schedule. As this goes on for year after year we soon realize that during our preoccupation with the daily grind, we have forgotten about the things that are most important to us.

Is baseball a "big rock" in your life? Your involvement in this program makes me believe the answer is likely to be "yes". What about your family? Your school work? Grades? Friends? What else in your life do you consider a "big rock", something that you don't want to live without?

What do you consider to be the "big rocks" in your life?

1. _____
2. _____
3. _____
4. _____
5. _____

If baseball does not end up in your top 4 that is OK, but it is important to understand what impact that will have on your expectations and goals. If baseball is in your top 5 then you can probably demand more from yourself on the diamond and work to get more back from the game (college scholarships, professional contracts, etc.).

What is your ultimate baseball dream? What do you want to get out of your time playing this sport? Be detailed and as specific as possible.

What are you willing to give up to achieve this dream? Do not simply write "anything" because this is vague and unrealistic. Are you willing to put in 15 minutes per day? Are you willing to skip Friday night parties? Are you willing to hit by yourself 3 days per week? Are you willing to give up drinking pop and eating pizza?

What do you need to accomplish this year to take a step towards your ultimate baseball dream?
