

# **The Coffee or The Cup**

Steve Gilbert

**“Every day, I like to wake up and remind myself to be grateful of the simple things.”**

**~ Miranda Kerr ~**

**I**n our society it is easy to get caught up in money, or our possessions and compare them to others.

But it isn't the amount of money or our status in society that really brings us happiness and fulfillment. It reminds me of a story I've seen online by an unknown author:

A university professor near the end of his teaching career, invited a group of very successful former students to his house.

The professor set out a large pot of coffee and different cups – some were made of expensive porcelain while others were plain looking and cheap. The professor told his students to pour their own coffee.

Once they had their coffee, the professor spoke.

“If you noticed, all the nice looking, expensive cups have been taken up leaving behind the plain and cheap ones,” he said. “While it is normal for you to want only the best for yourselves, that is the source of your problems and stress.”

The former students looked confused so the professor continued.

“Be assured that the cup itself adds no quality to the coffee,” he explained. “In most cases it is just more expensive and in some cases even hides what we drink. What all of you really wanted was coffee, not the cup, but you consciously went for the best cups. And then you began eyeing each other’s cups.

“Now consider this: Life is the coffee; the jobs, money and position in society are the cups. They are just tools to hold and contain Life and the type of cup we have does not define, nor change the quality of life we live. Sometimes, by concentrating only on the cup, we fail to enjoy the coffee. Savor the coffee, not the cups.”

**T**oday, remember to enjoy the coffee and not worry so much about the cup.

**Win Your Day!**  
**Steve Gilbert**

If you are not on Steve Gilbert's Win Your Day! email list, but would like to be added, please email him at [winyourday@gmail.com](mailto:winyourday@gmail.com).