



Eva Grayzel

Motivational Storyteller

Think Like You Are Coffee

Author unknown. Adapted by Eva Grayzel

She was struggling to keep it together, fighting off frustration. She didn't want to give up but felt she was losing control. Her mother boiled water in three pots: in the first, she put a carrot, in the second, an egg and in the third, a pouch of ground coffee.

Twenty minutes later, the carrot was soft, the egg was hard, and the coffee smelled alluring. Each faced the same trauma: boiling water but the reactions couldn't be more diverse. The carrot went in strong but came out weak. The egg had been fragile but emerged stronger than ever. The ground coffee transformed the water to a deep rich tone with an aroma that invoked a thirst for life and gave birth to a taste that warmed the soul.

"Which are you and which would you like to be?" she asked her daughter.

I am losing strength like the carrot, my heart is hardening like the egg, but I want to be like the coffee and allow myself to adapt and be transformed.