

A young woman went to her mother  
and told her about her life  
and how things were so hard for her.  
She was tired of fighting and struggling.  
It seemed as one problem was solved  
a new one arose.  
Her mother took her to the kitchen.  
She filled three pots with water.  
In the first, she placed carrots,  
in the second she placed eggs,  
and the last she placed coffee beans.  
She let them sit and boil without saying a word.  
In about twenty minute she turned off the burners.  
She fished the carrots out and placed them in a bowl.  
She pulled the eggs out and placed them in a bowl.  
Then she ladled the coffee into a bowl.  
Turning to her daughter, she asked, "Tell me what you see?"  
"Carrots, eggs, and coffee," she replied.  
She brought her closer and asked her to feel the carrots.  
She did and noted that they were soft.  
She then asked her to take an egg and break it.  
After pulling off the shell, she observed the hard-boiled egg.  
Finally, she asked her to sip the coffee.  
The daughter smiled, as she tasted its rich aroma.  
The daughter then asked, "What's the point, mother?"  
Her mother explained that each of these objects  
had faced the same adversity...  
boiling water – but each reacted differently.  
The carrot went in strong, hard, and unrelenting.  
However, after being subjected to the boiling water,  
it softened and became weak.  
The egg had been fragile.  
Its thin outer shell had protected its liquid interior.  
But, after being through the boiling water,  
its inside became hardened.  
The coffee was unique, however.  
After it was in the boiling water it had changed the water.  
"Which are you?" she asked the daughter.  
"When adversity knocks on your door, how do you respond?  
Are you a carrot, an egg, or coffee?"