

Habit #7
SHARPEN THE SAW

Sharpen the Saw means to have balance in your life. There is a story of a man who was sawing down a tree and not making a lot of progress. When a passerby asked him why he didn't stop sawing to sharpen his saw, he remarked that he was too busy sawing. Habit 7 reminds us that we are more productive when we are in balance – body, brain, heart, and soul. Just like the four tires on a car, if one area is being ignored or overused, the rest will feel the results.

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HABIT 7
Sharpen the Saw

 <p>BODY Physical Dimension</p> <ul style="list-style-type: none"> - Exercise - Eat Healthy - Sleep Rest - Relaxation 	<p>MIND Mental Dimension</p> <ul style="list-style-type: none"> - Read - Educate - Write - Learn new skills 
 <p>HEART Emotional Dimension</p> <ul style="list-style-type: none"> - Build Relationships - Give Service - Laugh Love 	<p>SOUL Spiritual Dimension</p> <ul style="list-style-type: none"> - Meditate - Keep a Journal - Pray - Take in Quality Media 

Sharpen the Saw Activities For The Family!






SHARPEN THE SAW:



Balance Feels Best

- Develop a Sharpen the Saw activity center in your home. Include art supplies, learning games, puzzles, classical music, books, etc.
- Discuss various ways to Sharpen the Saw in all areas. Ideas might include:
 - **Body** - playing outside, riding your bike, eating or preparing healthy foods together, and/or exercise together.
 - **Mind** - learn new things together, balancing reading with TV watching or making smarter choices about what you watch.
 - **Heart** - making a list of what makes you happy and doing something on the list every day, spending time with special friends and family.
 - **Soul** - attending a religious service, start a journal, spending time in nature, find a way to serve the community together as a family, and/or renew commitments.

Hollywood Super Stars

Love  , Laugh   , Learn  , Lead  ...for LIFE!