

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

BODY

Physical Dimension



- Exercise
- Eat Healthy - Sleep | Rest
- Relaxation

MIND

Mental Dimension

- Read
- Educate - Write
- Learn new skills



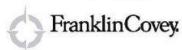


- Build Relationships
- Give Service - Laugh | Love

SOUL

Spiritual Dimension

- 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 , Learn ... for LIFE!