

4 Dimensions of Habit 7

Lead Time for this week is teaching the four dimensions of Habit 7 (Body, Heart, Mind, Spirit).

Here is a link to a Slideshare presentation you could use to teach

this: http://www.slideshare.net/danielleisathome/sharpen-the-saw-2?qid=a5f6ec7b-c732-4661-8ab5-ff00439838bb&v=default&b=&from_search=1

Here is a graphic that further explains each dimension:

Physical Dimension (Body)

The goal of continuous physical improvement is to exercise our body in a way that will enhance our capacity to work, adapt, and enjoy.

To renew ourselves physically, we must:

Eat well

Get sufficient rest and relaxation

Exercise on a regular basis to build endurance, flexibility, and strength

Focusing on the physical dimension helps develop Habit 1 muscles of proactivity; we act based on the value of well-being instead of reacting to the forces that keep us from fitness.

Mental Dimension (Mind)

The goal of renewing our mental health is to continue expanding our mind.

To renew ourselves mentally, we can:

Read good literature

Keep a journal of your thoughts, experiences, and insights

Limit television watching to only those programs that enrich your life and mind

Focusing on our mental dimension helps us practice Habit 3 by managing ourselves effectively to maximize the use of our time and resources.

Spiritual Dimension (Spirit)

The goal of renewing our spiritual self is to provide leadership to our life and reinforce your commitment to our value system.

To renew ourselves spiritually, we can:

Practice daily meditation or prayer

Communicate with nature

Immerse yourself in great literature or music

A focus on our spiritual dimension helps us practice Habit 2, as we continuously revise and commit ourselves to our values, so we can begin with the end in mind.

Social / Emotional Dimension (Heart)

The goal of renewing ourselves socially is to develop meaningful relationships.

To renew ourselves emotionally, we can:

Seek to deeply understand other people

Make contributions to meaningful projects that improve the lives of others

Maintain an Abundance Mentality, and seek to help others find success

Renewing our social and emotional dimension helps us practice Habits 4, 5, and 6 by recognizing that Win-Win solutions do exist, seeking to understand others, and finding mutually beneficial third alternatives through synergy.