

Habit 7 Sharpen the Saw

Sharpen the saw is all about finding that balance in one's life.

Think of a car : it has four tires to help it run. If one is flat, the car isn't going anywhere. Just like the car having four important parts - we have four important parts - the body, the mind, the heart and the soul.

All four parts need time and attention to be healthy and happy.

We all feel better when we're balanced, when we take the time to renew those four parts of who we are : the body, mind, heart and soul. (Have a drawing of a stick figure and cut outs of a brain, the heart and a butterfly to represent the soul).

You take care of the **body** by : eating right , exercising and getting sleep. (show the drawing of the stick person on chart paper)

You take of the **mind** by : reading and learning in various places, not just in school. (tape the cutout of the brain on the head part of the drawing.)

You take of the **heart** by : spending time with your family and friends. (tape the heart onto the chest area of the drawing)

You take care of the **soul** by : finding ways to relax and helping others, it makes you feel fresh inside. (tape the butterfly on the paper.)

What are some ways you use your body, mind, heart and soul ?

<p>Physical : Body</p> <ul style="list-style-type: none"> Pamper yourself Challenge your body Eat Right Laughing Exercise on a regular Stretches at your desk Gardening Swimming <ul style="list-style-type: none"> Yoga Massage Walk, Run Sleep, Rest See your doctor Take Breaks Personal Trainer Hobbies 	<p>Mental : Mind (Brain)</p> <ul style="list-style-type: none"> Reading Meditation Learn a new language Travel Pets Play mind games Teach Good conversations Crossword puzzles <ul style="list-style-type: none"> Vacations Celebrations Time alone Walking Music Jokes Write Spa, candles, bath Drive Time
<p>Spiritual : Soul (Butterfly)</p> <ul style="list-style-type: none"> Prayer Read the bible Wash dishes, clean Listen to music Camping w/campfire Meditate Watch animals; raise animals Watch small children <ul style="list-style-type: none"> Journaling Watch movies Conversations Listen Fellowship group Vacation Fishing Visit the ocean 	<p>Social/Emotional (Heart)</p> <ul style="list-style-type: none"> Weekly calls home Smile Creativity Say Thanks! Have fun with friends Spend time alone Service, volunteer Apologize <ul style="list-style-type: none"> Give gifts for no reason Show you care Compliment others Share Feelings Shopping Physical contact (hugs) Communicating Reflect