

Habit #7

Sharpen the

Saw

Based on the work of
Stephen Covey

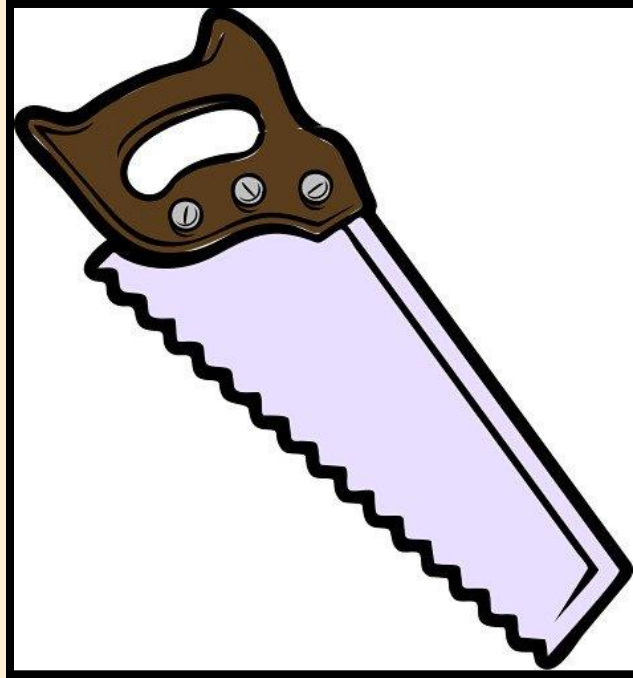


Journal Entry or Discussion Starter:



A man has been working hard to saw through a tree for over three hours. He still hasn't cut through the tree trunk. What might be wrong with the man's saw? What should he do?

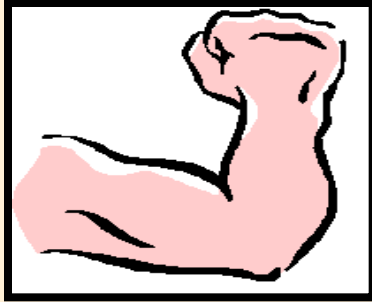




I take care of my body by eating right, exercising, and getting sleep. I spend time with family and friends. I learn in lots of ways and lots of places.

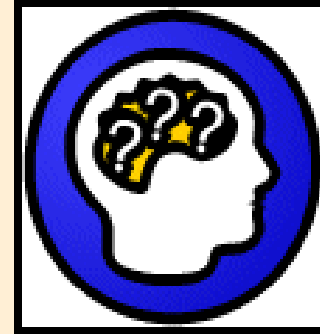
Body:

Exercise, Be Healthy, Sleep, Relax



Brain:

Learn, Read, Write



Soul:

Journal, Think, Pray

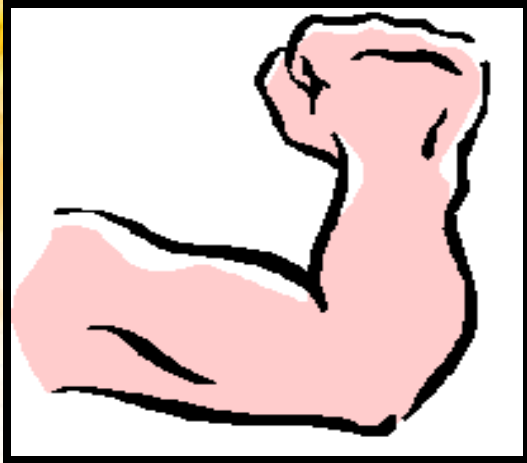


Heart:

Serve, Laugh, Be a Friend



Journal Entry or Discussion Starter:



What do you do to take care of your body?
What do you NOT do?
Could you make any improvements?



Journal Entry or Discussion Starter:

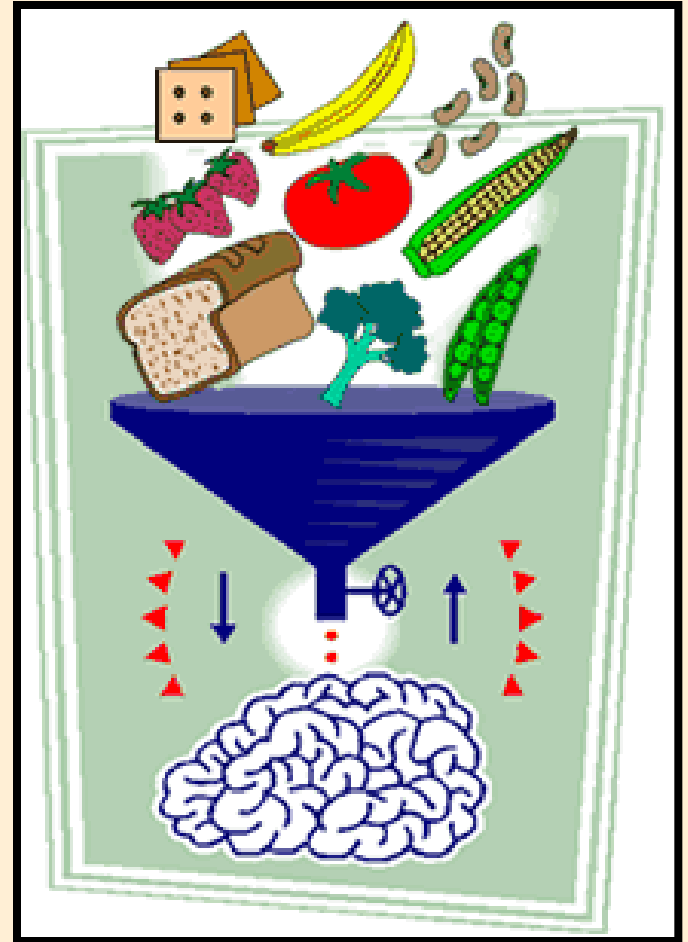


How you are working to improve your brain? What could you stop doing? What could you start doing? Can you think of someone who really works on this area of their life?



Brain Food

What are your plans for “feeding” your brain? Make a list of things you want to learn or things that you want to do that will teach you.



Journal Entry or Discussion Starter:



How you are working to improve your soul? What things do you do that make you the most happy?



Feeding Your Soul

What feeds your soul?

What inspires you
and gives you peace?

What are some
songs, books or
movies that make you
want to be a better
person? Is there a
person that makes
YOU want to be
better?



Journal Entry or Discussion Starter:



Does the heart matter?
Are you serving/helping
anyone? What things do
you do to make friends
and/or to make other
people happy? Can you
think of someone that
really is good at this?



Your Saw is Your Life

What makes your saw sharp?

What makes your saw dull?



How good are you at sharpening the saw?



My saw
is very
sharp!

My saw is
very dull!

**What steps could
you take to
sharpen your
saw?**



Credits:

This slide show was created by
Rebecca Radicchi
using the following resources.

1. The Seven Habits for Highly Effective People by Stephen Covey
2. The Seven Habits for Highly Effective Kids by Sean Covey
3. The Seven Habits for Highly Effective Teens by Sean Covey

