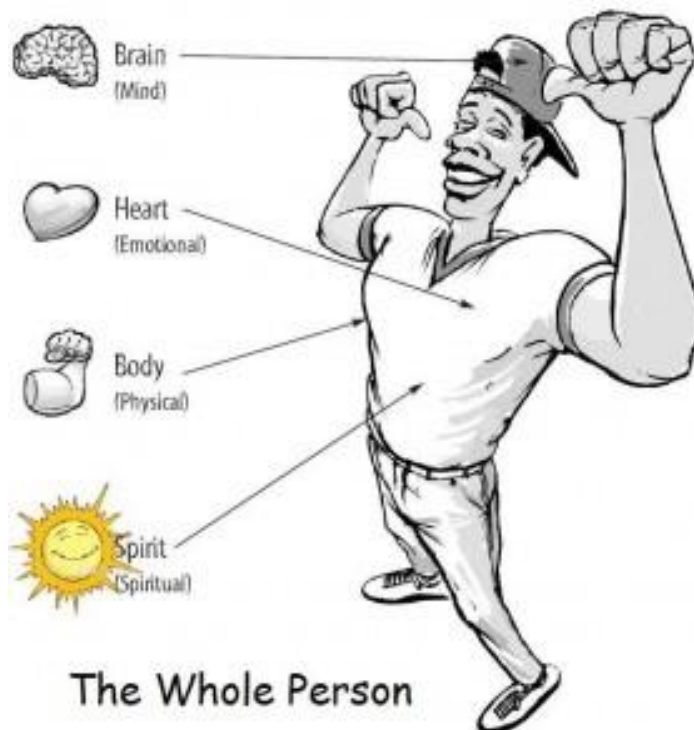


Habit 7:

# SHARPEN THE SAW

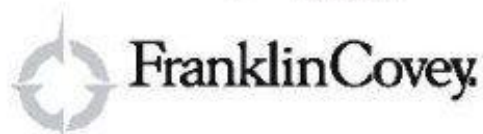
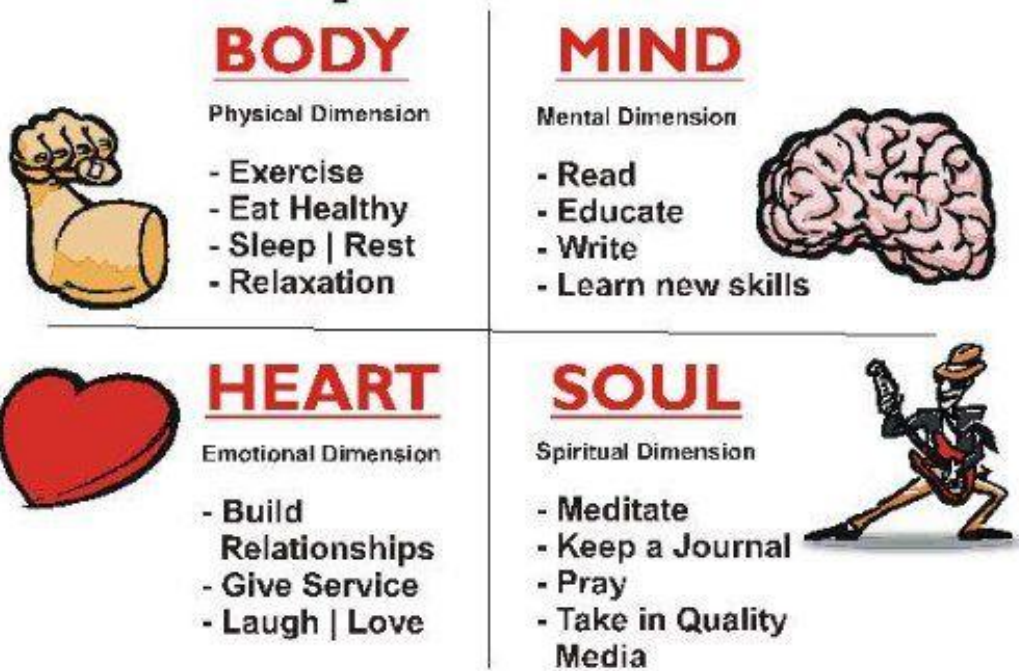
BALANCE FEELS BEST

- I take care of my body by eating right, exercising, and getting enough sleep.
- I learn in lots of ways and places, not just at school.
- I spend time with my family and friends



# HABIT 7

## Sharpen the Saw



BODY: What do you do to take care of your body? What could you improve on?

MIND: How are you 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 his or her life?

HEART: What things do you do to make friends and/or to make other people happy? Can you think of someone that is good at this?

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