

# Habit 7: Taking it Home

## 1. Balance Feels Best

Invite a family member to sit on a four-legged chair. Ask: “What would happen if one leg broke or fell off?” Identify the four basic human needs: body (physical), mind (mental), heart (emotional), spirit (spiritual). Discuss: Is our family sharpening the saw in all four areas?

## 2. First Sharpen Your Saw

Explain that on an airplane passengers are instructed to put on their own oxygen masks first before they try to help someone else. Ask: “Why would we need to put on our own masks first? Is that selfish? Why is it important for us to take time every day to sharpen our own saw?” Discuss as a family: How can we help each other take time to sharpen our individual saws?

## 3. Sharpen the Saw Family Brainstorm

Label four pieces of blank paper with one of the following words on each piece: Body, Mind, Heart, and Spirit. As a family, brainstorm ways your family can Sharpen the Saw in each of the four areas of care. As a family, choose one thing from each of the lists that you would like to focus on and circle it. Commit to complete all four activities you have circled and set a date for completion. Celebrate together as a family when you complete your goal!

## 4. Plan a Vacation

As a family, discuss options for a family vacation. Allow each member of your family to contribute to the discussion and brainstorm ways the vacation could potentially sharpen their saws.

## 5. To Live, to Love, to Learn, to Leave a Legacy

As a family, discuss the importance of all four needs: to live (physical), to love, (emotional), to learn (mental), and to leave a legacy (spiritual).

