Habit #7
Sharpen the Saw
Based on the work of Stephen Covey
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.
<table>
<thead>
<tr>
<th>Body:</th>
<th>Brain:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise, Be Healthy, Sleep, Relax</td>
<td>Learn, Read, Write</td>
</tr>
<tr>
<td><img src="Image" alt="Arm" /></td>
<td><img src="Image" alt="Brain" /></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Soul:</th>
<th>Heart:</th>
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</thead>
<tbody>
<tr>
<td>Journal, Think, Pray</td>
<td>Serve, Laugh, Be a Friend</td>
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<tr>
<td><img src="Image" alt="Saxophone" /></td>
<td><img src="Image" alt="Heart" /></td>
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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?
<table>
<thead>
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<th>Your Saw is Your Life</th>
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<tbody>
<tr>
<td>What makes your saw sharp?</td>
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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