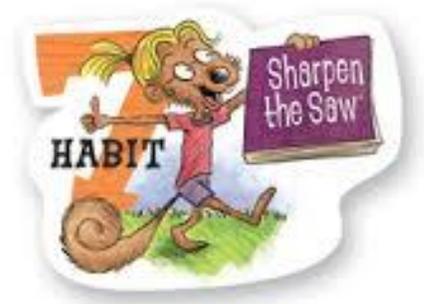


# Habit 7– Sharpen the Saw

Body, brain, heart, and soul



Habit 7 is Sharpen the Saw– “Balance is best.”

We are more productive when we have balance in our lives with our body, brain, heart, and soul.

Like four tires on a car, if one area is being ignored or overused, the rest feel the results. A

car cannot run on fewer than four tires. It needs fuel and maintenance. Likewise, we need to recharge and take care of our body (physical,) brain (mental,) heart (emotions,) and soul (spirit) to make us balanced happy people.

## Ways to apply at home:

**Activity Center:** Have a place with supplies kids can use: arts & crafts supplies, learning games, puzzle, classical music, books, beautiful pictures, and inspirational stories

**Brainstorm:** Discuss ways to Sharpen the Saw in every area. Body: playing outside, riding bikes, sleep, and nutrition. Brain: reading, some educational shows, and mind puzzles. Heart: time with friends, playing with a pet, and drawing. Soul: keep a journal, prayer, and time in nature.

**Library!** Visit the Library often as a family. Discuss your favorite stories with your children. Read short stories or articles from good magazines together.

**Family Time:** Set aside time each day as a family for some kind of connection and discussion. Examples could include meditation or a walk in nature together.

**Adventure:** Try something new as a family! Museums, new foods, volunteer, or new games are all ways to Sharpen the Saw together.

## Words to use:

“Remember to sharpen the saw.”

“Are you in balance?”

“Did you tend all your areas?”

“Let’s try something new.”

“What makes you feel happy?”

“How have you tended your (heart/soul/body/mind) recently?”

When you see your child practice the habit **Sharpen the Saw** this week, please fill out and return the bottom of this handout by Monday, November 23. Your child will be rewarded by his/her teacher.

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My child, \_\_\_\_\_, practiced the habit **Sharpen the Saw** this week.

**Sharpen the Saw** Action:

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\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date



