

~ The 7 Habits at Home ~

This month's Habit: Habit 7 Sharpen the Saw

Due May 31, 2019



Sharpen the Saw means to have balance in your life. Habit 7 reminds us that we are more productive when we are in balance - body, mind, heart, and soul. If one area is being ignored or overused, the rest will feel the results.

On the next page, discuss with your family the various ways to Sharpen the Saw as a family in all areas. You can draw or write to show how you sharpen the saw.

Ideas might include:

- **Body:** playing outside, riding your bike, walking the dog, going on a family hike
- **Mind:** balancing reading with TV watching, learn new skills, teach someone else something new
- **Heart:** making a list of what makes you happy as a family and doing something on the list everyday, spending time with special friends and family
- **Soul:** starting a journal, meditate, self-reflection

(from the Leader in Me Parent Guide)

Family Name:

Mind

Body

Heart

Soul