

# Habit #7

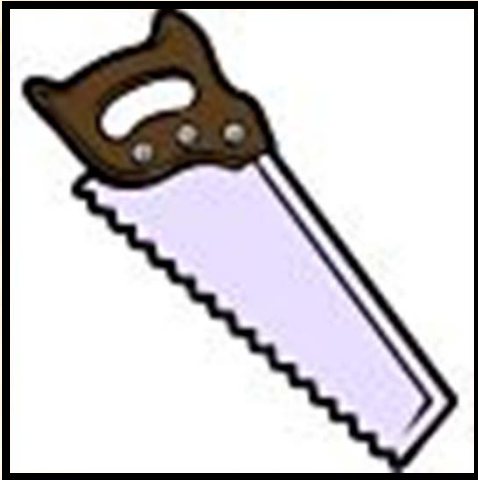
# Sharpen the

# Saw

Based on the work of  
Stephen Covey

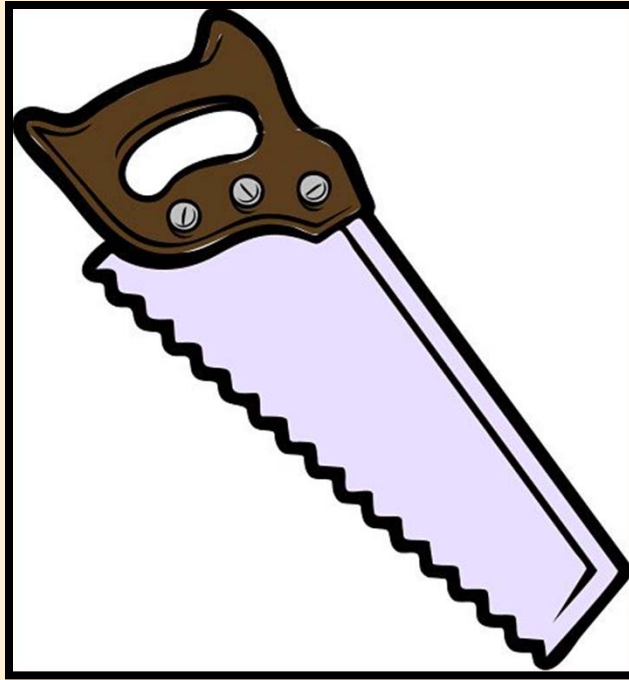


# Journal Entry or Discussion Starter:



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?

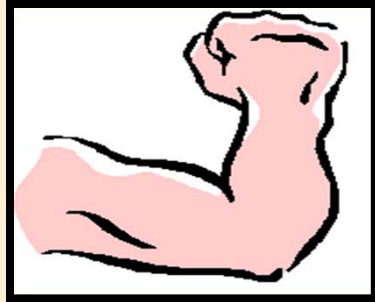




I take care of my body by eating right, exercising, and getting sleep. I spend time with family and friends. I learn in lots of ways and lots of places.

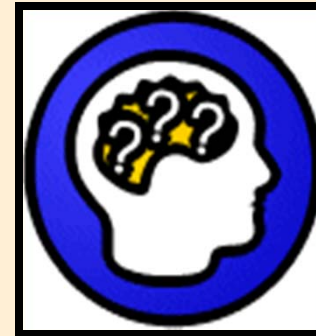
## Body:

Exercise, Be Healthy, Sleep, Relax



## Brain:

Learn, Read, Write



## Soul:

Journal, Think, Pray



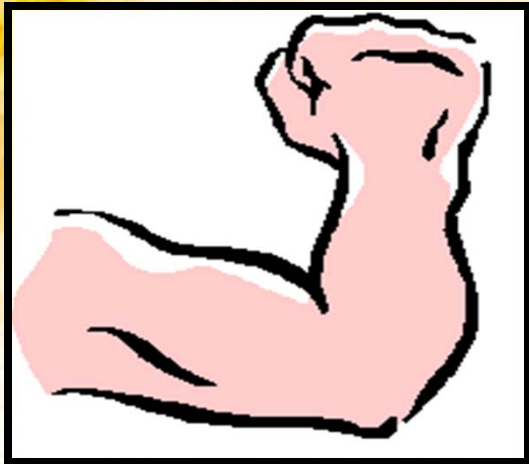
## Heart:

Serve, Laugh, Be a Friend





# 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?



# Your Saw is Your Life

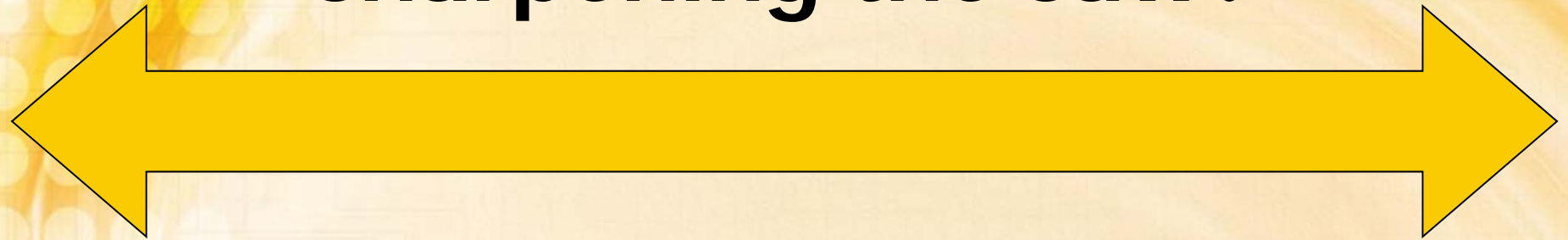
What makes your saw sharp?

What makes your saw dull?





# 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

