

The slide features a dark blue background with decorative geometric patterns on the left and right sides. These patterns consist of overlapping, colorful shapes (yellow, pink, blue, and grey) that resemble stylized arrows or chevrons pointing towards the center.

Habit 7

Sharpening the saw (Body)

Caring for your Body

- There is much truth behind the saying, “You are what you eat.” One thing that goes along with that saying is, listening to your body and paying attention to how different foods make you feel and figure out things you should eat and shouldn’t eat. Another thing that goes along with this saying is, being moderate and avoiding extremes.
- For example, for many people it’s easier to be extreme than moderate. So its easier to eat junk food then to eat healthy food. A little junk food on occasion isn’t bad just don’t make it your every day, all the time food.

Food Pyramid

The food pyramid is a pyramid of different foods. Each food is compared to foods that are as healthy as that food.

Original Junk Food Pyramid:

- Chips
- Soda Pop
- Chocolate
- Burgers & Fries

Food Pyramid

Rabbit-Food Pyramid:

- bark
- small rocks
- sprouts
- water



Caring for your Brain

In school there is always one subject you will struggle in. Examples of caring for your brain is realizing you aren't good on a certain subject, and finding a subject you are good in and building on it. Check out books, take additional classes, or even watch videos about that subject.

Caring for your Brain

Barriers you need to overcome in building/caring for your brain:

- 1.) Screentime and limiting the amount of time you spend watching tv, on social media, and texting etc.
- 2.) Overcoming the nerd syndrome and take pride in your mental abilities and the fact that you value your education
- 3.) Overcoming high expectations and pressure. For example when you bring home a good report card and get praise with it, automatically you think you'll do it again and again and once you do poorly theres no expectations and no pressure.

Caring for you Heart

At the end of the day after all is said and done, there is one last key to keeping your heart healthy and strong.

Laughing. Thats right, just laugh. Hakuna Matata. Don't worry, be happy! Sometimes life just stinks and theres not much you can do about it, so you might as well just laugh.

-Studies show that by the time you reach kindergarten, the average kid has laughed about 300 times.

Laughter

- Loosens up the mental gears and helps you think more creatively
- Helps you cope with the difficulties of life
- Reduces Stress levels
- Relaxes you as it lowers heart rate and blood pressure
- Connects us with others and counteracts feelings of alienation, a major factor in depression and suicide
- Releases endorphins, the brain's natural painkillers

Quote

“Let no one ever come to you without leaving better or happier. Be the living expression of God’s kindness: kindness in your face, kindness in your eyes, kindness in your smile.”

-Mother Theresa
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“Laughter is the shortest distance between two people.”

-Victor Borge
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Caring for Your Soul

Your soul is your center, where your deepest convictions and values are. Your soul is also the source for purpose, meaning, and inner peace. Sharpening the saw in the spiritual area of life means taking time to renew and awake that inner self. To care for your soul you have to get real and take time and sharpen the saw and just do it. The best thing to do is take time out of every day and sharpen the saw, even if its for twenty minutes a day.

Quote

Abraham Lincoln once said:

“What would you do if you had eight hours to cut down a tree?”

He answered with:

“I’d spend the first four hours sharpening my saw.”

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