

Habit 7 fill in the blank notes:

What does this habit mean?

- Sharpening the saw means to _____ and _____ the greatest asset you have.
- It means regularly renewing and strengthening the _____ dimensions of your life:
- _____
- _____
- _____
- _____

After the story

- Have you ever been too busy living life to _____ to _____ ?
- Habit 7 is all about keeping your _____ sharp so that you can better deal with life. But you need to remember to have _____.

Caring for your body

- Caring for your body consists of:
- examining what you eat
- use it lose it - exercise helps, playing sports, etc
- _____

List two ways you can keep your physical self sharp:

Caring for your brain

- The Mental Dimension: _____ good brain power, through school, jobs, hobbies, other mind - enlarging activities, etc.

- Two examples include:

- _____

- _____

- Two ways to relax:

- _____

- _____

Caring for your heart:

- Your _____ needs constant nourishment and care, just like your body.

- Take care of your _____ with others AND with yourself.

- The Emotional dimension:

- _____

- _____

- _____

Caring for your soul:

- The _____ Dimension - What brings you peace? What makes you want to be a better person? _____ what _____ you.

- Two ways to help feed your soul:

- _____

- _____

What should you remember?
