

## Habit 7 Quiz

### 1-5 Multiple Choice

1. **What does sharpening the saw mean?**
  - a. To preserve and enhance the greatest asset you have, You.
  - b. To keep the blade of a saw sharp.
  - c. To be someone who is obsessed with details.
  
2. **What are the four aspects of your life?**
  - a. Your body, your brain, your heart, and your soul.
  - b. Your phone, your shoes, your hair, and your clothes.
  - c. Your friends, your social media, your music, and Netflix.
  
3. **To care for your body, you should...**
  - a. Eat good food.
  - b. Get enough sleep.
  - c. Play sports.
  - d. All of the above.
  
4. **To care for your brain, you should...**
  - a. Read.
  - b. Play video games.
  - c. Talk on the phone.
  - d. All of the above.
  
5. **Ways of relaxing are...**
  - a. Taking small naps.
  - b. Going on a walk.
  - c. Spend hours doing homework.
  - d. Both A and B.

### 6-10 True or False

6. **Acting on your niche can help you find a career you want to pursue. T/F**
  
7. **Praying is a way to take care of your soul. T/F**
  
8. **You need time to relax. T/F**
  
9. **Your brain is one of the four assets of your life. T/F**
  
10. **You should remember you need to have balance and moderation in all things. T/F**