

Habit 7 Sharpen The Saw

Fill in The Blank

- 1.) There is much _____ about the _____, “You are what you eat.”
- 2.) For many people it is easier to be _____ than to be _____.

Food Pyramid:

3.) Label the four different foods in the Original Junk Food Pyramid:

- *
*
*
*

Caring for your Brain

- 4.) In _____ there is always one _____ that you will _____ in.
- 5.) Realizing you aren't _____ in a subject and finding a subject that you are _____ is an example of Caring for your brain.

Caring for your Heart

- 6.) _____ is one thing that is the key to keeping your heart healthy and strong.
- 7.) Studies show that by the time you have reached _____ you have laughed about _____ times.
- 8.) _____ once said that “Laughter is the shortest distance between two people.”

Caring for your Soul

- 9.) Your _____ is your center.
- 10.) Your soul is also the source for _____, _____, and _____.

11.) To care for your soul you have to _____ and _____
and _____.

12.) _____ once said, "What would you do if you had eight hours to cut down a tree?" and answered with, "I'd spend the first four hours sharpening my saw."