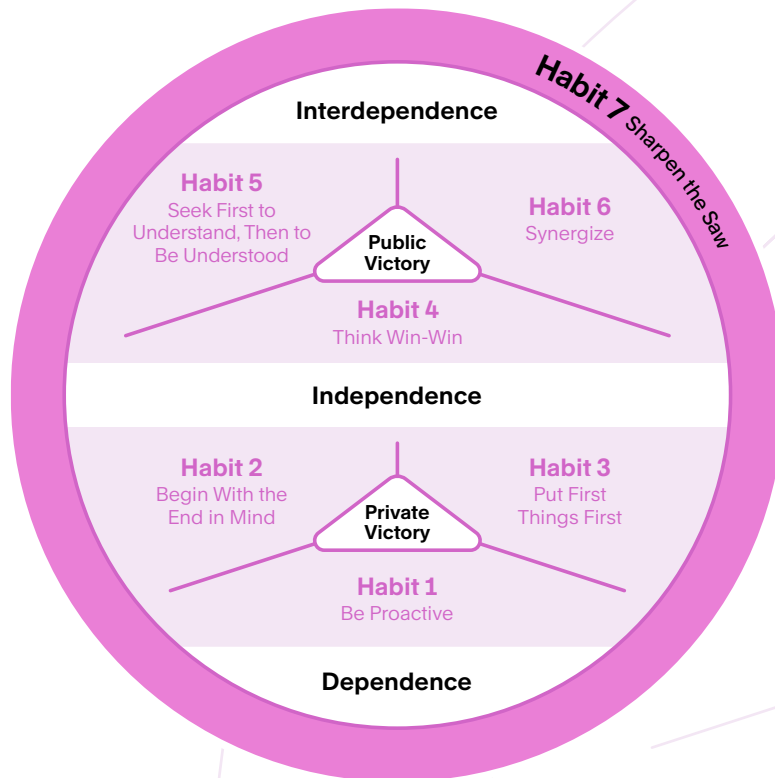


Habit 7: Sharpen the Saw®

The Principle of Renewal

What Does It Mean to *Sharpen the Saw*?

Sharpening the saw is about keeping ourselves sharp so we have the energy and vitality to live the lives we want. It's the habit of renewal that makes all the other habits possible.



Common Paradigm

I'm too busy to take care of myself.

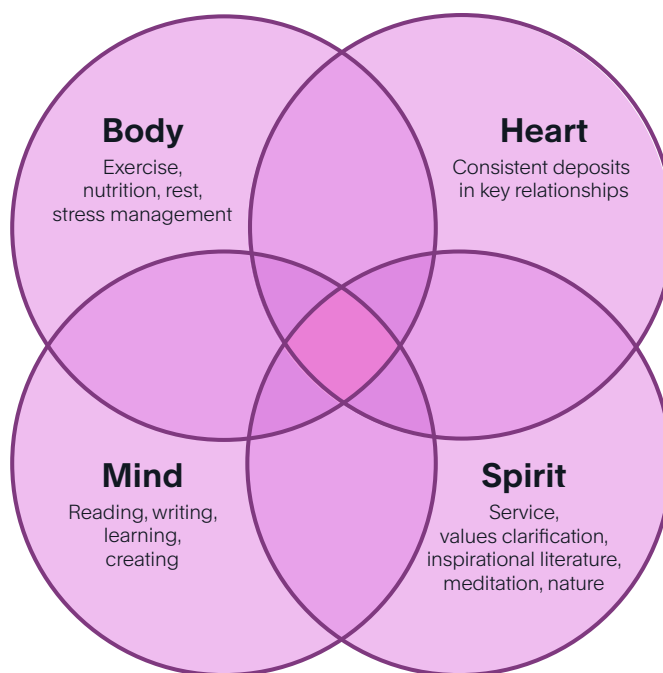
+

Highly Effective Paradigm

I invest in myself so I can be my best.

Practice 1: Invest in the Whole Person

FOUR DIMENSIONS OF SELF



IDEAS FOR BALANCED RENEWAL

Body

- Consistently get the sleep you need.
- Set challenging but achievable health and fitness goals.
- Eat healthier foods.
- Stay hydrated.

Heart

- Get in the habit of empathic listening to build deeper understanding and connection with others.
- Protect meaningful time to spend with the people most important to you.

Mind

- Seek out new ideas and information (films, books, articles, training, experts, education).
- Dedicate meaningful time to focus on learning.
- Try out a new hobby or personal project.

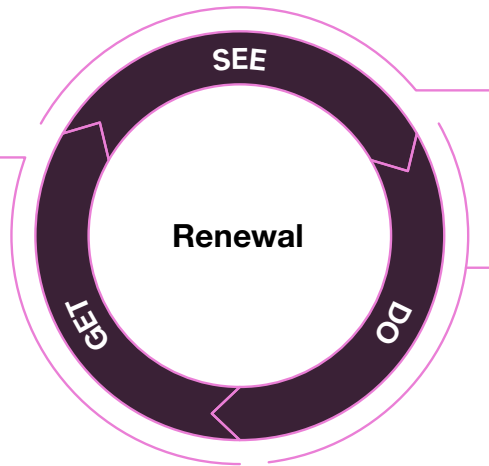
Spirit

- Create, review, and refine your Personal Mission Statement.
- Spend time in nature.
- Serve your community by donating time, skills, or money.

SHIFT YOUR PARADIGM. CHANGE YOUR PRACTICES. BE MORE EFFECTIVE.

Results

- A more balanced life.
- Greater energy and vitality.
- Continuous improvement.



Paradigm

I invest in myself so
I can be my best.

Practices

- Invest in the whole person.