

SHARPENING THE SAW

“Give me six hours to chop down a tree and I will spend the first four sharpening the axe.” - Abraham Lincoln

In Stephen R. Covey's book "The 7 Habits of Highly Effective People" he describes Habit 7: Sharpening the Saw. We are the saw in our own life, and keeping ourselves sharp gives us the ability to accomplish the things that matter to us.

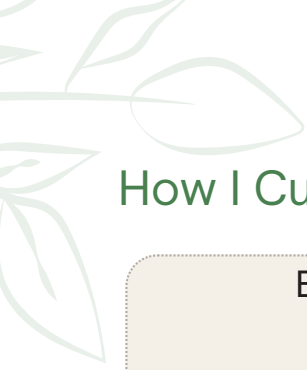
To best Sharpen the Saw, we need balance, rest and rejuvenation in four dimensions of our life: Body, Mind, Heart and Soul. This is self care, and it takes intentional effort and time. It is important to assess how you are doing in each dimension and adjust when needed. Creating balance in each area is helpful because they affect each other. Consider the following questions as you take an inventory of each area: What inspires you? What nourishes you? What do you want to do more of? What do you want to do less of?

- 1** BODY / PHYSICAL : Nourishing food, movement and rest
Ideas: Deep breaths, sleeping 8 hours, stretching, drinking water, hugs, laughing, healthy meals, sports, taking vitamins, riding a bike, massage
- 2** MIND / MENTAL: Growth through learning, study, reading, writing, ideas
Ideas: puzzles, asking questions, research, museum, documentary, taking a course, learning a language or new hobby, travel, teaching
- 3** HEART / SOCIAL / EMOTIONAL: Building connections with others and yourself
Ideas: Spending time with animals, friends or family; acts of kindness, sharing your feelings, meaningful conversation, counseling, listening
- 4** SOUL / SPIRITUAL: Inspiration through service, nature, prayer or art
Ideas: Star gazing, religious service, listening or playing music, meditation volunteering, journaling, quiet time, being outdoors, singing



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How I Currently Renew Myself:

Body / Physical

Mind / Mental

Heart / Social / Emotional

Soul / Spiritual

Additional Ways to Renew Myself:

Body / Physical

Mind / Mental

Heart / Social / Emotional

Soul / Spiritual

