Habit 7 – Sharpen the Saw C. Kohn, Waterford WI

Name: Hour Date:

Date Assignment is due: Why late? Score: + ✓ -  
 Day of Week Date If your project was late, describe why

# Unit Preview

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| **The 7 Habits of Highly Effective People Habit 7: Sharpen the Saw** |
| Sharpen the Saw means preserving and enhancing the greatest asset you have--you. It means having a balanced program for self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual. Here are some examples of activities:   |  |  | | --- | --- | | **Physical:** | Beneficial eating, exercising, and resting | | **Social/Emotional:** | Making social and meaningful connections with others | | **Mental:** | Learning, reading, writing, and teaching | | **Spiritual:** | Spending time in nature, expanding spiritual self through meditation, music, art, prayer, or service |   As you renew yourself in each of the four areas, you create growth and change in your life. Sharpen the Saw keeps you fresh so you can continue to practice the other six habits. You increase your capacity to produce and handle the challenges around you. Without this renewal, the body becomes weak, the mind mechanical, the emotions raw, the spirit insensitive, and the person selfish. Not a pretty picture, is it?  Feeling good doesn't just happen. Living a life in balance means taking the necessary time to renew yourself. It's all up to you. You can renew yourself through relaxation. Or you can totally burn yourself out by overdoing everything. You can pamper yourself mentally and spiritually. Or you can go through life oblivious to your well-being. You can experience vibrant energy. Or you can procrastinate and miss out on the benefits of good health and exercise. You can revitalize yourself and face a new day in peace and harmony. Or you can wake up in the morning full of apathy because your get-up-and-go has got-up-and-gone. Just remember that every day provides a new opportunity for renewal--a new opportunity to recharge yourself instead of hitting the wall. All it takes is the desire, knowledge, and skill. |

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| Source: <https://www.stephencovey.com/7habits/7habits-habit7.php> |
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| [Habit 4 »](https://www.stephencovey.com/7habits/7habits-habit4.php) |
| [Habit 5 »](https://www.stephencovey.com/7habits/7habits-habit5.php) |
| [Habit 6 »](https://www.stephencovey.com/7habits/7habits-habit6.php) |
| [Habit 7 »](https://www.stephencovey.com/7habits/7habits-habit7.php) |
| [The 8 Habit® »](https://www.stephencovey.com/8thHabit/8thhabit.php) |
| [Everyday Greatness »](https://www.stephencovey.com/everydaygreatness/everydaygreatness.php) |
| [Great Work Great Career »](https://www.stephencovey.com/gwgc/gwgc.php) |

**Units**

1. Definitions of Leadership

2. Habit 1 – Be Proactive

3. Habit 2 – Begin With the End in Mind  
  
4. Habit 3 – Put First Things First  
  
5. Habit 4 – Think Win-Win  
  
6. Habit 5 – Seek First to Understand  
  
7. Habit 6 – Synergize   
  
8. Habitat 7 – Sharpen the Saw  
 **Weekly Schedule: See Board and record**   
Mon  
  
  
  
Tues  
  
  
  
Wed  
  
  
  
  
Thurs  
  
  
  
  
Fri

Create 4 or more questions based on this topic:

1

2

3

4

1. “Sharpening the Saw” means that
2. What are the 4 components of Habit 7?
3. What four things does the physical component consist of?
4. How often should the average person exercise each week?
5. What Quadrant does exercise fall into? Why
6. List and describe the three components of exercise:  
     
   1   
     
   2   
     
   3
7. What is the spiritual dimension of Habit 7?
8. What sorts of things should a personal mission statement cause you to do?
9. Public victories cannot occur if
10. What are four key ways to grow in the mental dimension of Habit 7?
11. Character cannot be made without
12. The consideration and understanding of new and sometimes oppositional ideas is
13. The most ignorant among us assumed long ago that   
      
       
      
    while the most educated and able among us decided long ago that
14. Those who understand others will themselves be better understood and in turn will
15. What are ways in which you can weekly build your emotional bank accounts?
16. According to Horace Mann, we should all be ashamed to die until we
17. Briefly describe the obligation of opportunity:
18. What is the upward spiral?

Unit Reflection C. Kohn, Agricultural Sciences - Waterford WI

1. Write the 3 topics that were most meaningful to you from this chapter:  
     
   1\_   
     
   2\_   
     
   3\_
2. Create 3 **high-level questions** related to this material   
   (*These questions could be something you still don’t know or questions that reflect understanding that you have now that you did not have before.*)  
     
   1\_   
     
   2\_   
     
   3\_
3. Describe a time when you feel you reflected the idea of this chapter in your own personal life:  
     
   \_   
     
   \_   
     
   \_   
     
   \_   
     
   \_   
     
   \_   
     
   \_
4. How might the idea of this chapter affect your life in the future? Be as specific as you can:  
     
   \_   
     
   \_   
     
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