

By the end of this unit, students will be able to...

- Explain what it means to “sharpen the saw” in your own terms.
- List and describe the 4 dimensions of your life that need daily/weekly improvement.
- Describe how an emphasis on personal exercise can make you a more effective person.
- Summarize how Covey describes the spiritual element of Habit 7.
- Summarize why it is important to continue your mental development and progression after your schooling ends.
- Explain what the social dimension of Habit 7 is and why is it important.
- Summarize and explain the ‘upward spiral’ component of Habit 7.
- Discuss why Habit 7 is necessary and what would go wrong if you focused exclusively on the first 6 habits only.