

## Habit 7 – Sharpen the Saw

Part IV: Renewal

Habit 7: Sharpen the Saw – “It’s Me Time”;

Keep Hope Alive! –Kid, You’ll Move Mountains

Habit 7: Sharpen the Saw

“The time to repair the roof is when the sun is shining.” JFK

Habit 7 is all about keeping your personal ‘self’ sharp so that you can better deal with life. It means regularly renewing and strengthening the **four key dimensions of your life**—your body, your brain, your heart, and your soul.

- **BODY:** The Physical Dimension - exercise, eat healthy, sleep well, relax
- **BRAIN:** The Mental Dimension – Read, educate, write, learn new skills, create.
- **HEART:** The Emotional Dimension – Build relationships (RBA, PBA), give service, laugh, learn to love yourself
- **SOUL:** The Spiritual Dimension – Meditate, keep a journal, pray, take in quality media.

**Balance is Better:** The ancient Greeks’ saying “Nothing overmuch” reminds us of the importance of balance and doing everything in moderation.

To perform at your peak, you need to strive for balance in all four dimensions.

Why is Balance so important? It’s because how you do in one dimension of your life will affect the other three.

**Caring for your body:**

- You are what you eat
- Use it or lose it
- It’s all about how you feel, not how you look.
- Real life or Art?
- I can Quit whenever I wish
  - a. Alcohol is associated with the leading causes of death among teens: 1) car accidents, 2) suicides, & 3) homicides

\*\*\*“Smoking is not as attractive as you might think. In a study, 8 out of 10 guys and 7 out of 10 girls said they wouldn’t date someone who smokes. So if you smoke, you’d better get used to kissing a cigarette.”

- **The Refusal Skill** – these steps you may want to consider the next time you feel pressured to drink, smoke, or do drugs, and really do not want to.

The Refusal Steps are:

1. Ask questions – “Why would I smoke?” –  
“What will happen to me if I get stoned tonight?” –
2. Name the Trouble – Put a face on what you are doing. –  
“Drugs are illegal.” – “Smoking will ruin my breathe.”

3. State the Consequences – Think about the consequences of your actions.

“I could get arrested if I’m caught with drugs.”

“ If I get wasted tonight, someone might try to take advantage of me.” (happens all the time)

4. Suggest an alternative – Have your own list of fun alternatives ready to go whenever you are being lured in.

Suggestions: 1) “Hey, why don’t we go to see a movie instead?”

2) “Nah, I’d rather play basketball.”

If you don’t smoke, drink, or do drugs, why even start? If you do, why not get help and quit?

There are many ways better to get high on life

Caring for your brain: The Proverb sums up the whole matter: “ Take fast hold of Instruction; let her not go: keep her; for she is thy life.”

- The Key to Unlocking your Future - get as much education as you can
- Sharpen your mind – Read, read, read
- Find your niche – keeping searching and find what you enjoy
- Don’t let school get in the way of your education – although grades are important, learning is far more important, so make sure why you’re in school to begin with.
- Mental barriers – 1) Screentime – computer, tablet, iphone, video game, watching TV- The average teen watches more than 20 hours of TV a week – that is 43 days a year. 2) The Nerd Syndrome- take pride in your mental abilities – always do your best – it matters not what someone considers a nerd. Better to be a nerd than a failure.  
3) Pressure – Just remember: the stress that results from success is much more tolerable than regret that results from not trying your best.
- You gotta wanna – In the end, the key to your mind lies in your desire to learn. It is never too late to learn. If you can learn to think well, the future will be full of open doors of opportunity. It’s all about the brain waves. You gotta really want it. You’ve gotta get turned on by learning! You gotta pay the price!

Caring for your Heart: “ Let no one ever come to you without leaving better and happier. Be the living expression of GOD’s kindness: kindness in your face, kindness in your eyes, kindness in your smile.” - Mother Teresa

Caring for your Soul: Your soul is a very private area of your life.

- Feed your soul. There are different ways to feed it. These are a few ways: Mediating, Helping Others, Writing a journal, Taking Walks, Reading Inspiring Articles and Books, Drawing, Praying, Writing poetry or music, thinking deeply, listening to music that speaks to you, Playing a musical instrument, Practicing a religion, Talking to friends you can be yourself with, and Reflecting on your goals or mission statement.

- Get Back to Nature: magical and unbeatable –beaches, rivers, mountains, parks, - Mother Nature tends to heal.
- A teen’s Best Friend- A journal can be your best friend. – the only place you fully express yourself no matter the circumstances. It listens- does not talk back.
- Spiritual Diet – More important what goes into your body is what goes into your soul.
- You are Disturbing my sleep – (never listen to trashy music) - When you upgrade your appearance and mindset , a lot of brothers will upgrade their treatment of you.
- Get Real – There is a time for everything. Always make time for RENEWAL – so that will Sharpen Your Saw – and permit you to be the best you can be at all times!

YOU CAN DO IT! - You are already saw-sharpening without knowing it. If you are working hard at school, you are sharpening your mind. If you’re into athletics or fitness, you’re caring for your body. If you’re developing friendships, or being a good son, daughter..., you are nourishing your heart. If you are spending quality time alone, you’re bettering your relationship with yourself.

JUST DO IT! TAKE 15-30 minutes each day to be your “ME TIME”!

Habit 7 Quiz (put answers in your notebook)

1. In which of the four dimensions do you need to spend more time?
2. Why is balance important?
3. If you stop a current addiction, what would you do with the extra money?
4. Where do you find inspiration?