

Habit 7:

Sharpen the Saw

- * Eat breakfast
- * Start an exercise program today
- * Give up a bad habit for a week
- * Read a newspaper everyday
- * Watch the sunset or sunrise
- * Visit a museum

Renew yourself regularly

BODY

Exercise, eat healthy, sleep well, relax

BRAIN

Read, educate, write, learn new skills

HEART

Build relationships, give service, laugh

SPIRIT

Keep a journal, take time to think

The time to repair the roof is when the sun is shining.

--John F. Kennedy
U.S. President