**Habit 7 – Sharpen your saw - “it’s me time”**

Summary: 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 main areas of your life: Physical, social/emotional, mental and spiritual

10 Key Points

1. Body – the physical dimension: exercise, eat healthy, sleep well, relax
2. Mind – the mental dimension: read, educate, write, learn new skills
3. Heart – the emotional dimension – building relationships (relationship bank account and personal bank account), give service, laugh
4. Soul – the spiritual dimension – mediate, keep a journal, pray or take in QUALITY time
5. Take time for a time out – your just like a car, we need regular tune ups and oil changes. Rejuvenate the thing you got going go you – YOU
6. Balance is better – when you’re feeling motivated (body) and in tune with yourself (soul), it’s easier to focus on your studies (mind) and to be more friendly (heart)
7. You are what you eat – remember to eat good and nutritious food. Food affects your mood so eat with care.
8. The refusal skill – staying away from drugs is a lot easier said than done
	1. Ask tough questions to make yourself really think about what you are “why would I want to smoke?”
	2. Name the trouble “pot is illegal”
	3. State the consequences “I could get addicted or arrested”
	4. Alternative “I’d rather play basketball”
	5. Take off “Sorry but I am out of here”
9. Find your niche – doing what makes you happy will allow you to be that much more balanced – This is important
10. Mental Barrier – screen time – don’t spend all your time behind a TV, computer or phone screen
11. Nerd Syndrome – some teen don’t do well in school because they don’t want to be seen as a nerd. There is nothing better than to push yourself and prove that indeed you can do it
12. Pressure – we are scared to create high expectations for ourselves – we can feel failure

Laugh or your cry – laughter is the best medicine – Sometimes life SUCKS!

A teens best friend – Keep a journal, you can express whatever you want to and not one will get hurt and it allows you to express how you are really feeling.

**“Don’t let school be your only form of education. Let the world be your campus”**