

The 7 Habits of Highly Effective Teens
Part 4: Renewal
Chapter 1: Habit 7: Sharpen the Saw

Due:

Directions: Read Part 4 Chapter 1 of *The 7 Habits of Highly Effective Teens* pg. 206-245. Then please think about and answer the following questions on your own paper. (Answers should be in paragraph form and reflect thought.)

The time to repair the roof is when the sun is shining
- U.S. President John F. Kennedy

1. Look back at the list of baby steps from the last chapter (pg. 202). You resolved to do at least 4 last time. Discuss how successful you were at keeping this promise to yourself. Which baby steps were you able to achieve? If you didn't achieve all of your steps you resolved to, explain why? How do you feel about your progress? Compare your progress this time with your progress from last time. (Please be very detailed in your discussion!)
2. Review the quote at the top by John F. Kennedy. What does this quote mean to you? What do you think this quote has to do with the 7th habit of "Sharpening the Saw?"
3. Please list and describe the 4 key dimensions of your life as described by Covey in this section.
4. "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 4 key areas of your life: your body, your brain, your heart, your soul." Think about what you do to sharpen your saw. List the things you do to help sharpen your saw in each of the 4 key dimensions?
5. According to Covey, why is balance important to you life? Do you think you have balance in your own life right now? Do you have a category or two you neglect or spend too much time on?

Caring for Your Body

6. What are the 4 key ingredients to keeping you body healthy? What 2 rules of thumb does Covey think you should follow when caring for your body?
7. You are what you eat! What are your favorite foods? Do you feed yourself right, or are you a garbage dump? Explain.
8. Covey talks about 4 refusal skills for staying away from drugs and alcohol. Please name and describe them. Do you think these refusal skills will work in real life situations with real life teens? Explain.

Caring for Your Brain

9. Look at the list of ways to “sharpen your mind” on pg. 218. Which of these things do you do to sharpen your mind? Are there things that you do that aren’t on the list? If so, then describe them.

10. Describe the 3 barriers that Covey explains you will have to overcome in order to build a brain.

Caring for Your Heart

11. Which of your relationships do you consider to be the most important? Are you making deposits into that relationship? Describe. How could you improve this relationship and make it even better?

Caring for Your Soul

12. Look at the list on pg. 234-235 of ways to “feed your soul.” Which of these things do you do to feed your soul? Are there things that you do that aren’t on the list? If so, describe them.

13. Briefly describe the 5 soul-nourishing techniques Covey describes in this section.

Keep Hope Alive!

14. Think back to all you have read about in this book. What ideas have stuck with you the most? How has your life changed because of reading it? Do you plan on continuing to use the lessons Covey teaches? Explain.