

Dear Parents and Guardians,

We are learning about **Habit 7: Sharpen the Saw**

**Habit 7: Sharpen the Saw** is best explained through a parable:

A woodcutter strained to saw down a tree. A young man

who was watching asked, *“What are you doing?”*

*“Are you blind?”* the woodcutter replied. *“I’m cutting down this tree.”*

The young man was unabashed. *“You look exhausted! Take a break. Sharpen your saw.”*

The woodcutter explained to the young man that he had been sawing for hours and did not have time to take a break.

The young man pushed back... *“If you sharpen the saw, you would cut down the tree much faster.”*

Habit 7 reminds us that we are more productive when we are in balance: body, brain, heart, and soul. If one area is being ignored or overused, the rest will feel the results. A good analogy for children is a car needing all 4 tires; as leaders of themselves, they need to take care of all 4 parts.

### **Habit 7: Sharpen the Saw**

While learning about Habit 7, the students will:

- Demonstrate healthy ways to express needs, wants, and feelings.
- Develop strong intrapersonal skills, self-reliance, self-confidence, and self-discipline.
- Demonstrate characteristics of a responsible friend and family member.
- Recognize the relationship between personal behavior and individual well-being.
- Strive to be healthy for life.

Expect your child to use words and phrases like Sharpen the Saw, 4 parts of myself: body, mind, heart, and soul, it’s like 4 tires of a car”, taking care of myself, and balance. You can encourage your child by using some of these words at home. You have an opportunity to share your feelings with your child about Sharpen the Saw.