

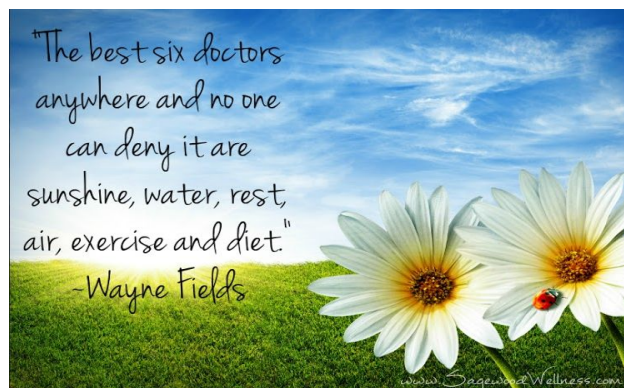
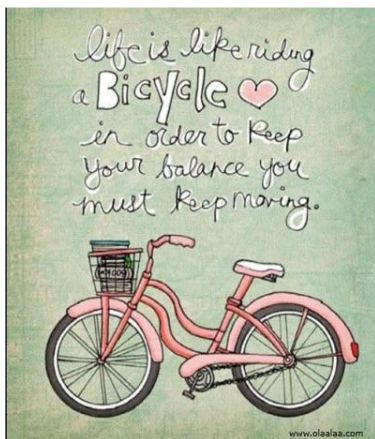
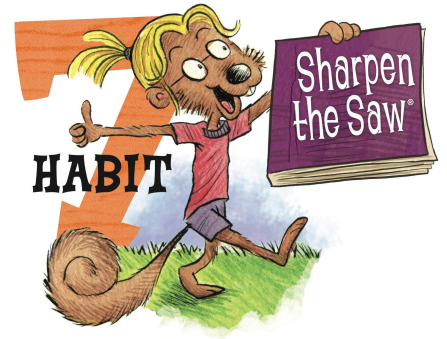


Bolt's Habit Playbook

Sharpen The Saw

Habit 7 - Sharpen the Saw means to have balance in your life.

There is a story of a man who was sawing down a tree and not making a lot of progress. When a passerby asked him why he didn't stop sawing to sharpen his saw, he remarked that he was too busy sawing. Habit 7 reminds us that we are more productive when we are in balance—body, brain, heart and soul. Just like the four tires on a car, if one area is being ignored or overused, the rest will feel the results. For young children, the car analogy is one they understand; a car could not go on fewer than all four tires. Explain the four parts of each person (body, brain, heart, and soul) and how important it is to take care of each part to make them all work better.



Click to view the videos:

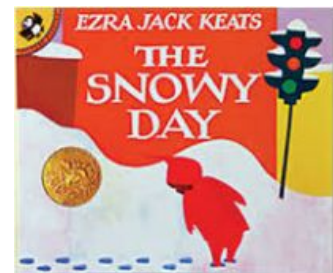
<https://www.youtube.com/watch?v=3oQgSweJaOI>

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Reflection Questions:

- BEFORE you read... What do you need in order to keep your body balanced and healthy?
- What advice could you give to the Pigeon so that he makes the **choice** to get enough sleep?
- Predict what might happen if the Pigeon stayed up too late?



Reflection Questions:

- How is Peter playing in the snow an example of sharpening the saw?
- How can you sharpen the saw during different seasons?
- What is your favorite way to sharpen the saw?