

# HABITS IN THE HOMES



Sharpen the Saw Habit 7

April 2015

## Sharpen the Saw

Take care of your body by eating right, exercising and getting sleep. Spend time with family and friends. Learn in lots of ways and lots of places, not just at school. Take time to find meaningful ways to help others

### What would this look like in the home?

The family ensures healthy food, exercise and plenty of sleep are daily happenings in the home.

The home is full of fun, children spending quality time with siblings and parents doing things everyone enjoys.

Parents have their time to participate in their own interests, Adult interests.

Goals	Actions	Outcome
Once per week or possibly fortnightly the adults in the house have a date night/ evening.	Movies, dinner, walk through the Redwoods, take-aways at the lakefront, mountain biking, etc  If alcohol is involved leave that until the weekend and always take into consideration, what is happening for the kids when this is taking place	To keep your relationship strong, full of positivity and love
A healthy schedule to be followed by all family members	Parents lead the way. 4 times a week the family go for a walk together, go to the park and play, ride bikes together etc. 20-30 minutes. Even a day at the lake, beach etc.( Weekends, after school)  Water is a daily dietary requirement, fruit and vegetables are part of the daily diet at least 4-5 days per week.  Children have a set bedtime giving them 10 hours sleep per night	A healthy life is the fuel for learning.
In our house everyday is a fun day.  Work together to make time to have fun with the family	When doing the daily chores make it a fun time.  Races and prizes to get things done, share the load.  Have an incentive when things are done. Off to the shop for an ice block, down to the park for a game, off to the skate park together, a treat for dinner, Movie night etc	Our children's memories of their upbringing should be all about the fun times.  Parents providing a lifestyle for their children that they can thrive in
To participate in a random act of kindness every week.  Either to family members or people outside the family	Simple random acts of kindness, letting someone into line before you, offering someone part of your lunch, picking up a neighbours burst rubbish bag, doing the dishes for your brother, letting you sister have an extra turn on the play station, getting the washing in for mum, opening a door for a stranger, etc.	To support others is a great feeling.  Everyone needs help or support at sometime.

Interesting!!!!

*Sharpening the saw keeps you fresh, so you can continue to practice the other 7 habits. You increase your capacity to produce and handle the challenges around you. Without this renewal, the body becomes weak, the mind mechanical, the emotions raw, the spirit insensitive, and the person selfish. Not a pretty picture is it.*

*Feeling good just doesn't happen. Living a life in balance means taking the necessary time to renew yourself. Its all up to you. You can renew yourself through relaxation, or you can burn yourself out by overdoing everything.*

*Just remember your social, emotional, mental and spiritual wellbeing also needs renewing.*

*Just remember that everyday provides a new opportunity for renewal—a new opportunity to recharge yourself instead of hitting the wall. All it takes is the desire,*

**Very Interesting!!!**

**The bottom line- Sharpening the Saw means preserving and enhancing the greatest asset you have –you**

**Dr Stephen Covey, The Leader in Me.**