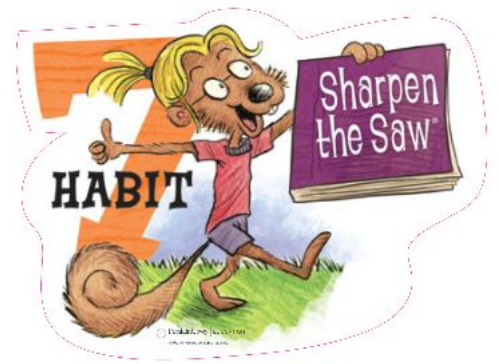


Leader in Me Newsletter



Habit 7

Sharpen the Saw: Balance is best!

Using 7 Habit Vocabulary

- "You did a great job of showing **balance** between your chores and playing outside."
- "Let's spend the day as a family going to the park for a picnic and to play to **renew** ourself for the upcoming busy week we will have."
- "You should be proud that you are showing **continuous improvement** on your goal to get to sleep on time."
- "Getting a good night sleep will rest your **mind, body, heart, and spirit**."

Ways to Practice at Home

- Make a plan with your family to get more rest. How will you meet that goal?
- Reflect on something you did that made you proud of yourself.
- Try giving up a habit (video games, watching tv, wasting time before bed) for a week. Do you have more time for other things in your life?
- I balanced my time between home and work.



Nominate your child whenever you see him or her practicing Habit 7 at home! [Nomination Form](#)