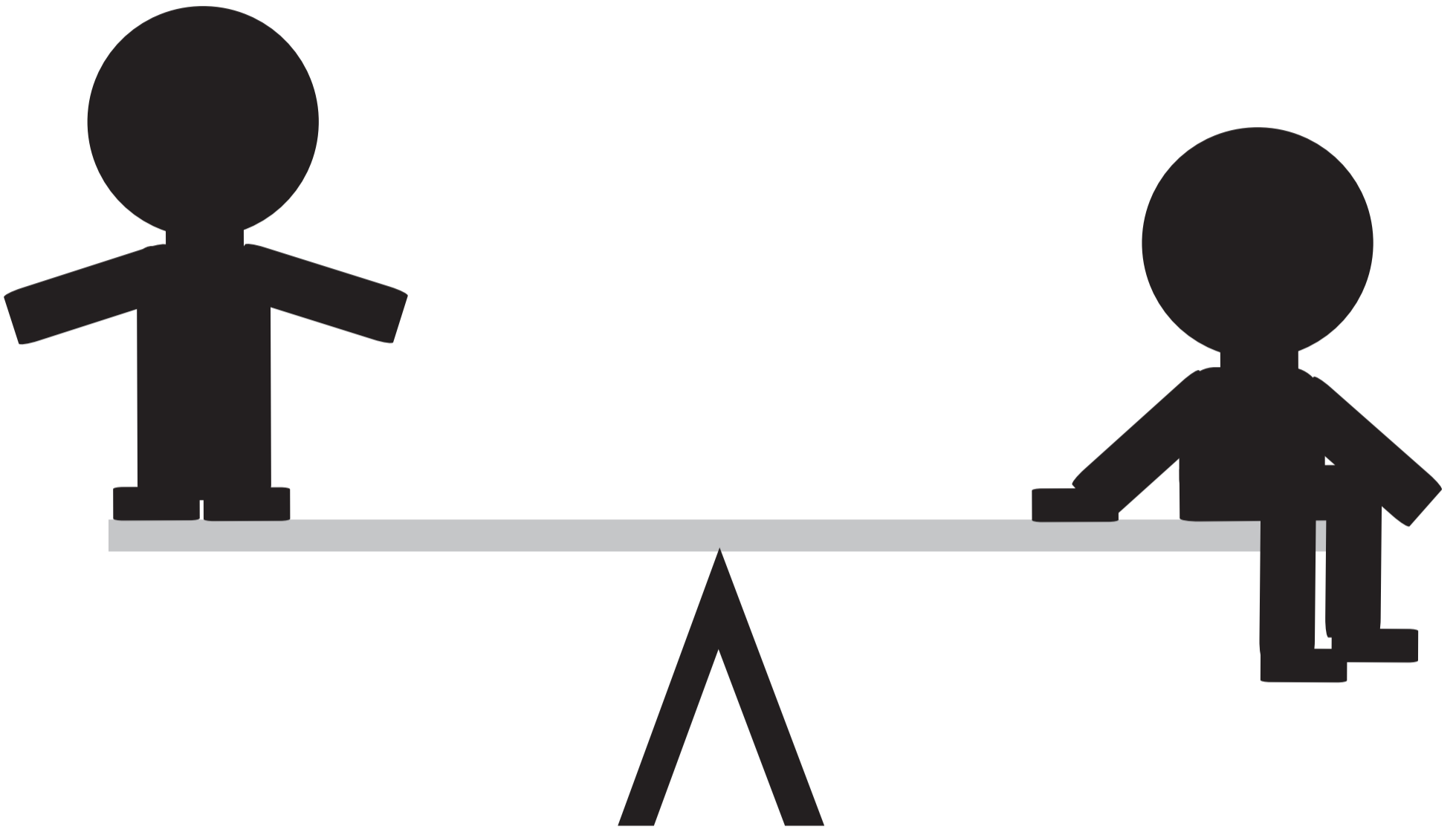


Habit 7

# Sharpen The Saw



Balance Feels Best

I take care of my body by eating right,  
exercising and getting sleep

I spend time with family and friends

I learn in lots of ways and lots of places, not just at school

I find meaningful ways to help others