

# The Languages of Self-Care

Self-restoration minus the guilt

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#1 National Bestseller

THE 7 HABITS OF  
HIGHLY  
EFFECTIVE  
PEOPLE

Powerful Lessons  
in Personal Change

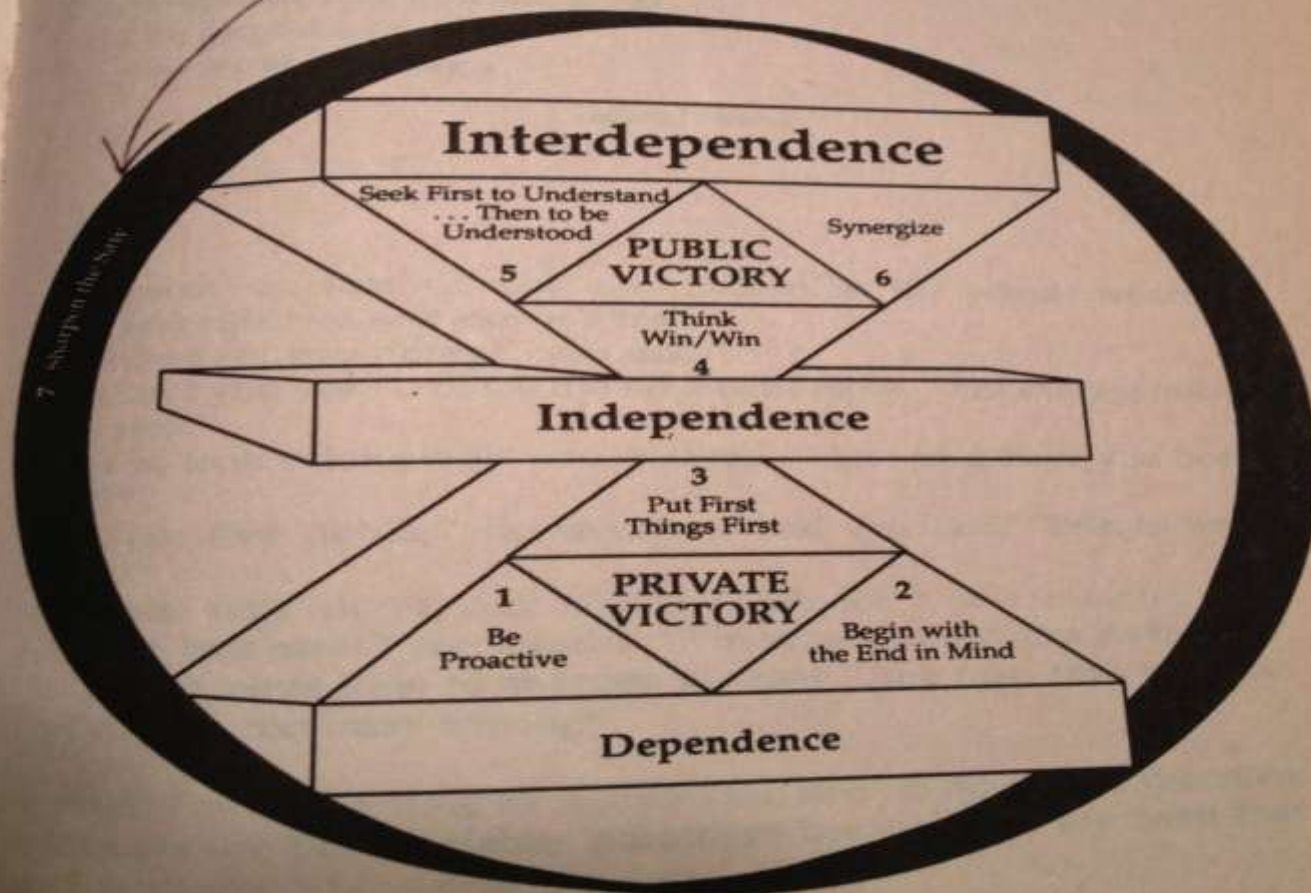
"Destined to be the personal leadership handbook of the decade."—*Scott DeGarmo*, Editor-in-Chief, *Success* magazine

Stephen R. Covey

Part Four

# RENEWAL

*= Sharpen the Saw*



Suppose you came upon someone in the woods working to saw down a tree.

They are exhausted from working for hours.

You might suggest they take a break to sharpen the saw.

They might reply, " I didn't have time to sharpen the saw, I'm busy sawing!"

**Habit 7 is taking the time to sharpen the saw.**

By renewing the four dimensions of your nature - physical, spiritual, mental and social/emotional, you can work more quickly and effortlessly.

To do this, we must be proactive. This is an important, not urgent activity that must be acted on.

**It's at the center of our Circle of Influence so we must do it for ourselves.**

Stephen Covey (1932 –July 16, 2012)

# The Languages...

I am worth it.



# Health

Physical and Sensory

# Health: Physical Health

- medical
- exercise
- nutrition

# Health: Sensory

Touch (baths, massage, hugs)

Taste (gourmet, international, temperatures, spices)

Smell (aromatherapy, flowers, perfume, candles,  
baking)

Sight (art, photos, beauty)

Aural (music, CD, live, instrument, choir)

# Social

## **For extroverts:**

friends, classes, groups, listening, dancing, service, volunteering, teaching

## **For introverts:**

All of the above in smaller quantities with safe people. Then additional “down time” to process and regroup from above experience.



# Spiritual

Pray  
Seek  
Shift  
Read  
Solitude  
Say "No"  
Silence  
Self talk  
Say "Yes"  
Nature  
Ask Find

# Intellectual

Read (anything)

Classes, workshops (community college courses are wide range of topics)

Learn something of interest

Adventure

Write or journal

# Creativity

- ***Art – classes (universities, community centers, workshops), museums***
- Music- practice, lessons, orchestras, free concerts, coliseum concerts, child's concerts or recitals.
- **Dance – classes, interpretive, at home, university performances, PBS, at home with obnoxiously loud music**
- Other arts felting, papermaking, scrapbooking, etc. x infinity!


*“Women need solitude*

*in order to find again*


*the true essence of themselves.”*

— *Anne Morrow Lindbergh, Gift from the Sea*





My favorite day ever  
was ..... because.....



If I could just \_\_\_\_\_  
for \_\_\_\_\_ (minutes, hours, days)  
I would be a different person



## HABIT 7

### SHARPEN THE SAW

### PRINCIPLES OF BALANCED SELF-RENEWAL

*Sometimes when I consider what tremendous  
consequences come from little things . . .  
I am tempted to think . . .  
there are no little things.*

BRUCE BARTON