



Dear Parents and Caregivers,

We are learning about **Habit 7: Sharpen the Saw.**

Sharpen the Saw means to have balance in your life.

The story is that a man was sawing down a tree and not making much progress. When asked why he didn't stop to sharpen his saw, he answered that he was too busy.

Habit 7 reminds us that we are more productive when we are in balance: body, brain, heart, and soul. If one area is being ignored or overused, the rest will feel the results. A good analogy for children is a car needing all four tires; as leaders of themselves, they need to take care of all four parts of themselves.

Suggested titles for young children that reinforce **Habit 7:**

- ***Don't Let the Pigeon Stay Up Late!*** by Mo Willems
- ***The Snowy Day*** by Ezra Jack Keats

Expect your child to use words and phrases like “Sharpen the Saw,” “four parts of myself: body, brain, heart, and soul,” “taking care of myself,” and “balance” in his/her conversations this week. You can encourage your child by using some of this language at home. You may have an opportunity to share your feelings with your child about **Sharpen the Saw.**

Check out the “Parent’s Place” at www.TheLeaderInMe.org for fun ways to bring the habits home.