

Name: \_\_\_\_\_

Hour: \_\_\_\_\_



## Habit 7: *Sharpen the Saw*



**Definition:** \_\_\_\_\_

**Directions:** Create a S.M.A.R.T. goal about improving your ability to sharpen the saw .

**Goal:** In the next two weeks, I plan to \_\_\_\_\_  
\_\_\_\_\_.

I plan to **ACCOPMLISH** this by...

1. Identifying what dimension you need to work on and explaining why
2. Determining what I need to do to work on that dimension
3. Sharpening the saw and documenting my progress with self-reflection



## Dimension that needs Improvement

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*What dimension do you need to work on? Why do you need to work on this dimension? What prevents you from caring for this dimension and giving it the time it needs to reenergize or improve?*

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## Creating Success

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*Describe three new behaviors that you could start doing to successfully care for this dimension.*

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2.) 

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3.) 

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# Taking Action and Reflecting

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**Directions:** For the next two weeks you will practice your S.M.A.R.T. goal by using your three new behaviors to help you sharpen the saw. As you work on this habit you are responsible for journaling your progress.

**Answer the Following in your Journal Entry:**

- Describe how you worked on your S.M.A.R.T. goal during week 1.
- During week 1, how did you remind yourself to work on your goal? (If you forgot, how can you remind yourself for week 2?)
- Were you successful at sharpening the saw? If yes, provide proof. If no, explain what you can do for week 2 to achieve success?

**Journal: Week 1**

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*DID I INCLUDE ALL THE QUESTIONS ABOVE IN MY JOURNAL ENTRY?*

**Answer the Following in your Journal Entry:**

-Describe how you worked on your S.M.A.R.T. goal during week 2.

-**ANSWER IF SUCCESSFUL:** Were you successful at sharpening the saw? If yes, provide proof. Do you think these new behaviors could be something that you continue to use consistently? Explain.

-**ANSWER IF NOT SUCCESSFUL:** If you were not successful, why do you think you continue to struggle and what would it take for you to start making better choices?

**Journal: Week 2**

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*DID I INCLUDE ALL THE QUESTIONS ABOVE IN MY JOURNAL ENTRY?*

***Rate your Achievement***

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**Directions:** If you had to rate how well you achieved your goal on a scale from 1 – 10, what would you give yourself?        (1 = Did not achieve it    5= I tried, but I still need work    10 = I did it 😊 )

1      2      3      4      5      6      7      8      9      10