

Habit #7 Sharpening The Saw



What Are The Current Stressors In Your Life?

On A Scale of 1 to 10 (one being the WORST) how well do you think you handle stress and why?

What Activities Do You CURRENTLY do For “Me Time”

What are Healthier Options That You Can Try?

Choose ONE activity below (Use Your Ear Buds!)

https://www.youtube.com/watch?v=w_bmCKMrLYs (Teen Guided Meditation)

<https://www.youtube.com/watch?v=ZToicYcHIOU> (Guided Meditation)

<https://www.youtube.com/watch?v=Oknpg9dtj6Y> (Positive Affirmations)

Journal

How did the activity make you feel? Do you think you would or would not add this to your “Me Time” in order to Sharpen the Saw?

Who Is Your Person That Helps You When You Are Stressed/Scared/Anxious?

Thank You Note:

Write a Thank You note to that person. You do not have to turn this in to me. , you just need to show me that you completed it (if you are in person) and if you are online, you just need to send me an email that says you are done.

What Makes You Happy?

Go to www.canva.com and create a top 5 what makes you happy list infographic. You **MUST** have graphics, not just a list of words. See example

Download as a PDF and turn in on google classroom.

MRS. M'S "WHAT MAKES ME HAPPY LIST"

Sharpening The Saw: Habit 7



1 CHRISTMAS MUSIC

Christmas music always relaxes me and I listen to it all year around if I get very stressed and uptight.



2 FALL SCENTED CANDLES

I keep fall scented candles in the house at all times. I stock up on them during the fall season so I will have them year around and I bring them out when I am stressed or overworked.



3 YOGA

Yoga always helps me find center and reconnect when my mind is trying to drive me in different directions.



4 A GOOD BOOK

Escaping through a good book is always a favorite way to leave the stress behind



5 TALKING TO A LOVED ONE

Talking to my friends, my spouse or my parents always seems to calm me and they help keep me