

■ Sharpen the Saw – Self-Renewal Planner

This worksheet helps you practice Habit 7 from Stephen R. Covey's The 7 Habits of Highly Effective People: 'Sharpen the Saw' — the habit of self-renewal. Use it weekly to reflect, recharge, and balance your life across four key dimensions.

■ **1. Mental Renewal** – How will you challenge your mind this week?

■ **2. Physical Renewal** – What actions will you take to strengthen your body?

■ **3. Emotional/Social Renewal** – How will you connect or recharge emotionally?

■ **4. Spiritual Renewal** – What practices will help you reconnect with your values?

Weekly Self-Renewal Goals

Day	Focus Area	Action Step	Completed?
Mon			[]
Tue			[]
Wed			[]
Thu			[]
Fri			[]
Sat			[]
Sun			[]

Weekly Reflection:

What did you learn about balance and self-renewal this week?
