

SHARPEN YOUR SAW CHECKLIST

What can I do everyday to make sure I renew, refresh and recreate myself in all four areas?

PHYSICAL

Exercise

Endurance _____

Strength _____

Flexibility _____

Nutrition

Whole foods _____

Total sugar (<25 gr/day) _____

Stress Management

Sleep _____

Relaxation _____

MENTAL

Reading _____

Visualizing _____

Planning _____

Writing _____

SOCIAL/EMOTIONAL

Service _____

Empathy _____

Synergy _____

Intrinsic Security _____

SPIRITUAL

Value Clarification _____

Commitment _____

Study _____

Meditation _____