

# HABIT 7 PRINCIPLE OF BALANCED SELF RENEWAL

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## HABIT 7

### PRINCIPLE OF BALANCED SELF-RENEWAL

(*"sharpen the saw"*)

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- Mainly preserving and enhancing one's greatest asset----YOU
- Renewing the 4 dimensions of oneself:
  - Physical
  - Spiritual
  - Mental
  - Social/Emotional



# Four Dimensions

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## PHYSICAL DIMENSION

(EXERCISE, NUTRITION, STRESS MGT.)

## MENTAL DIMENSION

(READING, VISUALIZING, PLANNING  
WRITING)

## SOCIAL/EMOTIONAL

### Dimension

(SERVICE, EMPATHY, SYNERGY,  
INTRINSIC SECURITY)

## SPIRITUAL DIMENSION

(VALUE CLARIFICATION, COMMITMENT,  
STUDY, COMMITMENT)



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## □ “sharpen the saw”

- Exercising all 4 dimensions of oneself regularly and consistently in wise and balanced way.
- No one can do it except ourselves.



# Physical Dimension

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- Caring effectively for our physical body
  - Eating the right kind of food (nutrition)
  - Getting sufficient rest and relaxation (stress Management)
  - Exercising on a regular basis



# Spiritual Dimension

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- Core, center, commitment to value system
- Example- daily prayer, meditation, reading scriptures, reading great literature, listening to great music, nature watching, etc.



# Mental Dimension

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- Example- reading, writing, visualizing, planning, organizing



# Social / Emotional Dimension

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- Security
- Service with unconditional



# Balance in Renewal

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- ❑ Self renewal process must include balanced renewal in these 4 dimension
- ❑ To neglect any one of these areas negatively impacts the rest, as an organization or individual.
- ❑ Any dimension that is neglected will create negative force-----resulting to ineffectiveness and non-growth
- ❑ Physical health affects mental health, spiritual strength affects social/emotional strength. As one increases ability in one dimension, you increases ability in other dimension as well.



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- As you renew physical dimension---> you reinforce your personal vision (Habit 1)
  - As you renew spiritual dimension---> you reinforce your personal leadership (Habit 2)
  - As you renew mental dimension---> you reinforce your personal management(Habit 3)
  - As you renew social/emotional dimension→ gives you personal strength and foundation to work for genuine understanding and for synergistic Win/Win solution and to practice Habit 4,5,6



# Summary

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