

THE HABIT OF DAILY SELF-RENEWAL*

EXERCISE:

STEP 1: THINK ABOUT ALL THE DIFFERENT AREAS OF YOUR LIFE AND WHAT SELF-RENEWAL ACTIVITIES YOU CURRENTLY DO



BODY

Exercise, Nutrition, Rest,
Stress management.

HEART

Consistent deposits of
emotional based actions in key
relationships e.g. date nights,
coffee with friends etc.

Reading, writing, learning,
study.

MIND

Service, values clarification,
inspirational literature,
meditation, nature.

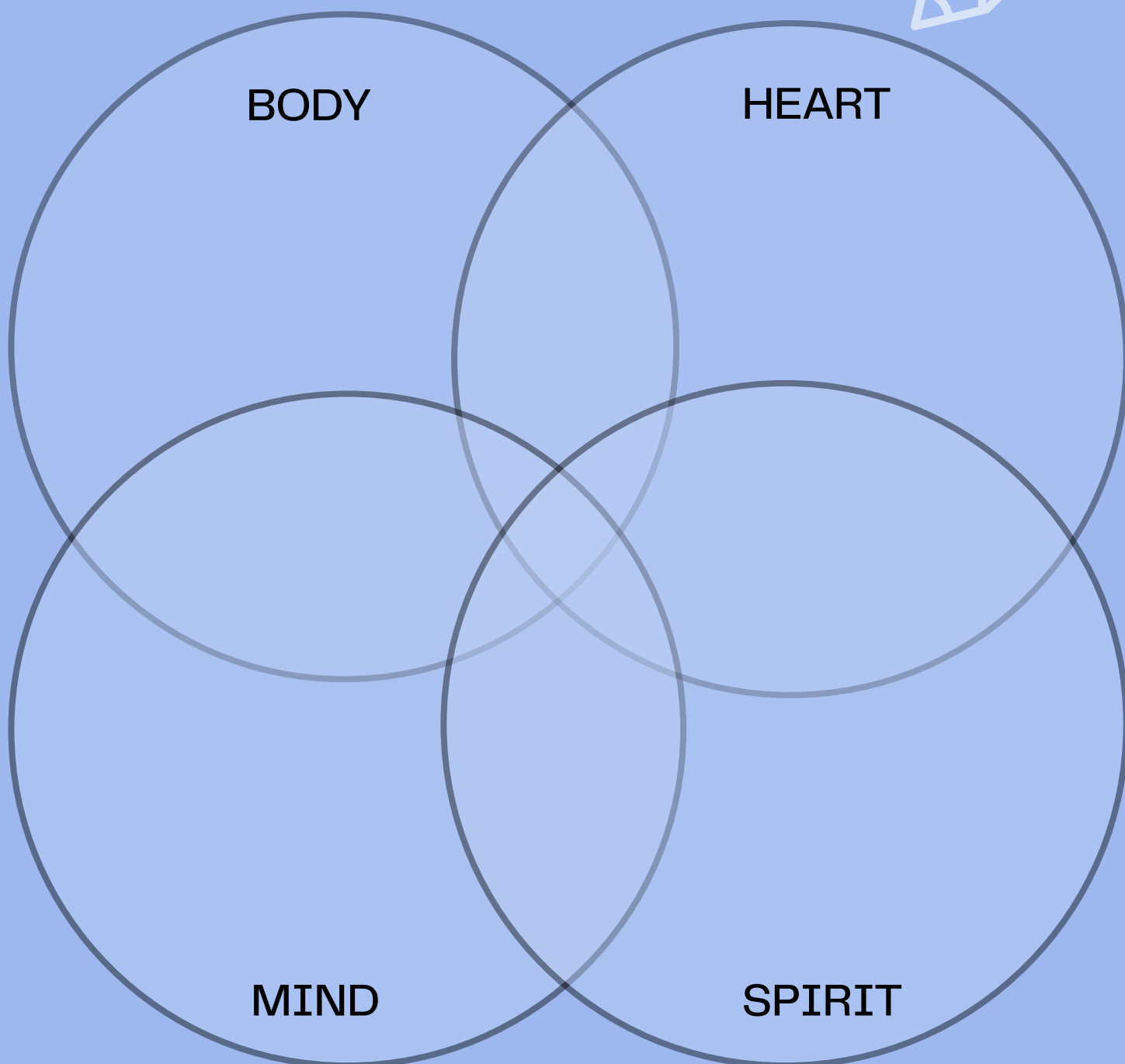
SPIRIT

*Habit of Self-Renewal is also known as Sharpening the Saw

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EXERCISE:

STEP 2: WRITE DOWN ALL THE THINGS THAT YOU DO AND WHAT CIRCLES ARE LACKING THAT COULD HAVE SOME EXTRA ACTIVITIES ADDED



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