![C:\Users\marianne.docherty\AppData\Local\Microsoft\Windows\INetCache\IE\Y8WOJOLH\saw-147284_960_720[1].png]()Habit 7 - Sharpen the Saw

It is so important to look after our wellbeing. If we do, we will be much more effective in whatever it is we are trying to achieve in our lives. Your task is to fill the 4 areas with ideas of how you can look after your wellbeing.

Physical Wellbeing Mental Wellbeing

Spiritual Wellbeing Social and Emotional Wellbeing