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Habit #7 Sharpen the Saw

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| **Across**  **3.** ask questions that make you think about what you're doing  **8.** try to put a face on what you're doing  **10.** excersize, eat healthy, sleep well, relax  **11.** read, educate, write, learn new skills  **13.** scared of doing well in school because of the high expectations it creates  **14.** just get away fast | **Down**  **1.** think through the consequences of your actions  **2.** have a fun list of alternatives  **4.** barriers you need to overcome  **5.** skills to help next time you feel pressured to do something you don't want to  **6.** any time spent in front of a screen  **7.** not wanting to do well in school because you don't want to be a nerd  **9.** meditate, keep a journal, pray, take in quality media  **12.** build relationships, give service, laugh |

   body       brain       heart       soul       refusal skills       ask questions       name the trouble       state the consequences        suggest alternatives       take off       screen time       nerd syndrome       pressure       mental barriers