

# Habits 6 & 7

By Suze Hargraves

Today is the final article on our series based on Stephen R. Covey's 7 Habits of Highly Effective People. We're exploring ways to make better choices by thinking differently about personal health and having a plan that's based on common sense, personal control and personal responsibility. So far we've dealt with Habit 1: Be proactive, Habit 2: Begin with the End in Mind, Habit 2: Put First Things First, Habit 4: Think Win/Win and Habit 5: Seek First to Understand, Then to be Understood. The last two habits are Habit 6: Synergize and Habit 7 Sharpen the Saw.

The idea behind synergy, as it applies to your health, is to create a plan that addresses whole wellness rather than just seeing things in parts (i.e. medical, mental health, spiritual health etc.). If you spend a lot of time planning out meals, reading labels and learning healthy cooking techniques, but neglect to add exercise to your life, you'll get results but they will be incomplete. If you create such stress and angst around your new lifestyle you're surely defeating your own purpose. Create a plan that works body, mind and spirit together. Add things like whole foods, yoga, meditation and outdoor activities to your daily schedule to create optimum whole health. Remember that the synergy you create within will reflect in everything you do.

Last, but not least, is Habit 7: Sharpen the Saw. Sounds a little scary but think about it in terms of actual tools. You can buy the best saw on the market, but if you use fail to keep it in good condition, you won't get optimum results out of it. A rusty, bent old saw is not going to give good results. By keeping yourself in good shape inside and outside and being an active participant in both your health and your life, you will keep the saw that is you sharp and functioning at full capability.

The 7 Habits pull together all aspects of who we are and how we live. Physical, mental, spiritual, family and social facets of life intertwine within the 7 Habits to create one whole, beautiful, healthy you. For more information on The 7 Habits of Highly Effective People by Stephen R. Covey visit <https://www.stephencovey.com/7habits/7habits.php>.

Make a habit of healthy thinking. You are, after all, what you think.

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