

The 7 Habits of Highly Effective People

Habit 7: Sharpen the Saw

1. Principles of Balanced Self-Renewal、『自我裝備成長』摘要…

- ▶ 『自我更新的四個層面、Four Dimensions of Renewal』：
 - “Well, why don’t you take a break for a few minutes and sharpen that saw?” you inquire. “I’m sure it would go a lot faster.” “I don’t have time to sharpen the saw,” the man says emphatically. “I’m too busy sawing!”
 - Habit 7 is personal PC. It’s preserving and enhancing the greatest asset you have—you. It’s renewing the four dimensions of your nature—physical, spiritual, mental, and social/emotional.
- ▶ 『身體的層面、The Physical Dimension』：
 - The physical dimension involves caring effectively for our physical body—eating the right kinds of foods, getting sufficient rest and relaxation, and exercising on a regular basis.
- ▶ 『靈裡的層面、The Spiritual Dimension』：
 - The spiritual dimension is your core, your center, your commitment to your value system. It’s a very private area of life and a supremely important one.
 - I find renewal in daily prayerful meditation on the scriptures because they represent my value system. As I read and meditate, I feel renewed, strengthened, centered and recommitted to serve.
- ▶ 『心智的層面、The Mental Dimension』：
 - Most of our mental development and study discipline comes through formal education. But as soon as we leave the external discipline of school, many of us let our minds atrophy. We don’t do any more serious reading, we don’t explore new subjects in any real depth outside our action fields, we don’t think analytically, we don’t write—at least not critically or in a way that tests our ability to express ourselves in distilled, clear, and concise language.
 - Education—continuing education, continually honing and expanding the mind—is vital mental renewal. Sometimes that involves the external discipline of the classroom or systematized study programs; more often it does not. Proactive people can figure out many, many ways to educate themselves.
- ▶ 『社交情緒的層面、The Social/Emotional Dimension』：
 - The social and the emotional dimensions of our lives are tied together because our emotional life is primarily, but not exclusively, developed out of and manifested in our relationships with others.
- ▶ 『鼓勵建造人、Scripting Others』：
 - We can choose to reflect back to others a clear, undistorted vision of themselves. We can affirm their proactive nature and treat them as responsible people. We can help script them as principle-centered, value-based, independent, worthwhile individuals. And, with the Abundance Mentality, we realize that giving a positive reflection to others in no way diminishes us. It increases us because it increases the opportunities for effective interaction with other proactive people.

- ▶ 『平衡的更新、Balance in Renewal』：
 - The self-renewal process must include balanced renewal in all four dimensions of our nature: the physical, the spiritual, the mental, and the social/emotional. Although renewal in each dimension is important, it only becomes optimally effective as we deal with all four dimensions in a wise and balanced way.
- ▶ 『協同的更新、Synergy in Renewal』：
 - Balanced renewal is optimally synergetic. The things you do to sharpen the saw in any one dimension have positive impact in other dimensions because they are so highly interrelated.
- ▶ 『提升的正向循環、The Upward Spiral』：
 - To make meaningful and consistent progress along that spiral, we need to consider one other aspect of renewal as it applies to the unique human endowment that directs this upward movement—our conscience.
 - Moving along the upward spiral requires us to learn, commit, and do on increasingly higher planes. We deceive ourselves if we think that any one of these is sufficient. To keep progressing, we must learn, commit, and do—learn, commit, and do—and learn, commit, and do again.
- ▶ 『從裡到外、Inside-Out Again』：
 - The Lord works from the inside out. The world works from the outside in. The world would take people out of the slums. Christ takes the slums out of people, and then they take themselves out of the slums. The world would mold men by changing their environment. Christ changes men, who then change their environment. The world would shape human behavior, but Christ can change human nature.
- ▶ 『多代共處的生活、Intergenerational Living』：
 - There is transcendent power in a strong intergenerational family. An effectively interdependent family of children, parents, grandparents, aunts, uncles, and cousins can be a powerful force in helping people have a sense of who they are and where they came from and what they stand for.
- ▶ 『成為「繼往開來」「不段改變」的人、Becoming A Transition Person』：
 - Among other things, I believe that giving “wings” to our children and to others means empowering them with the freedom to rise above negative scripting that had been passed down to us.
 - I believe it means becoming what my friend and associate, Dr. Terry Warner, calls a “transition” person. Instead of transferring those scripts to the next generation, we can change them. And we can do it in a way that will build relationships in the process.

2. 相關的經文…

- ▶ 關於『裝備成長、Sharpen the Saw』：
 - 得以長大成人、滿有基督長成的身量。（以弗所書：四13b）
- ▶ 關於『身心靈平衡、Balance of Dimensions』：
 - 因此我的心歡喜、我的靈快樂、我的肉身也要安然居住。（詩篇：十六9）

▶ 關於『不斷更新、Renewal』：

- 所以我們不喪膽，外體雖然毀壞，內心卻一天新似一天。（哥林多後書：四16）
- 不要效法這個世界，只要心意更新而變化，叫你們察驗何為神的善良、純全可喜悅的旨意。（羅馬書：十二:2）

3. 分享與討論…

▶ 在這次的主題閱讀中，印象最深刻、或是對自己最有幫助的概念是什麼？

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▶ 對於『裝備、成長、更新』與『身心靈平衡』有什麼樣的心得？

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▶ 有沒有什麼其他的分享？

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4. 我們的回應…

✎ 我們的回應：

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✎ 背誦經文：

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5. 摘要…

- ▶ Sharpen the Saw means preserving and enhancing the greatest asset you have--you. It means having a balanced program for self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual. Here are some examples of activities:

Physical: Beneficial eating, exercising, and resting

Social/Emotional: Making social and meaningful connections with others

Mental: Learning, reading, writing, and teaching

Spiritual: Spending time in nature, expanding spiritual self through meditation, music, art, prayer, or service.

「磨利鋸子」是指保養並提升你所擁有最重要的資產——你自己。它的意思是，在生命的四個層面建立均衡的自我更新計畫：身體、社交／情緒、心智，以及靈性。

以下是一些活動的例子：

身體：健康飲食、運動與充分休息。

社交／情緒：與他人建立有意義的社交連結。

心智：學習、閱讀、寫作與教導。

靈性：親近大自然，並透過默想、音樂、藝術、禱告或服事，拓展並更新靈性生命。

- ▶ As you renew yourself in each of the four areas, you create growth and change in your life. Sharpen the Saw keeps you fresh so you can continue to practice the other six habits. You increase your capacity to produce and handle the challenges around you. Without this renewal, the body becomes weak, the mind mechanical, the emotions raw, the spirit insensitive, and the person selfish. Not a pretty picture, is it?
當你在這四個層面不斷更新自己時，你的生命便會有所成長和改變。「磨利鋸子」使你保持活力，好讓你能繼續實踐其他六個習慣。它能提升你產出成果的能力，也使你更能面對身邊的各種挑戰。
若沒有這樣的更新，身體會變得虛弱，心智變得機械化，情緒變得敏感易傷，靈性變得遲鈍，而人也容易變得自私。這並不是一幅美好的圖畫，對嗎？
- ▶ Feeling good doesn't just happen. Living a life in balance means taking the necessary time to renew yourself. It's all up to you. You can renew yourself through relaxation. Or you can totally burn yourself out by overdoing everything. You can pamper yourself mentally and spiritually. Or you can go through life oblivious to your well-being. You can experience vibrant energy. Or you can procrastinate and miss out on the benefits of good health and exercise. You can revitalize yourself and face a new day in peace and harmony. Or you can wake up in the morning full of apathy because your get-up-and-go has got-up-and-gone. Just remember that every day provides a new opportunity for renewal--a new opportunity to recharge yourself instead of hitting the wall. All it takes is the desire, knowledge, and skill.
感覺良好不會自然發生。活出平衡的人生，意味著要付出必要的時間來更新自己；這完全取決於你。你可以藉著放鬆來恢復自己，也可以因凡事做得過頭而使自己徹底耗盡。
你可以在心智和靈性上好好滋養自己，也可以渾然不覺地忽略自己的身心需要。你可以活得充滿活力，也可以因拖延而錯失健康與運動所帶來的益處。你可以重新得力，以平安和諧的心迎接新的一天；或者早晨醒來時充滿冷漠，因為你的幹勁早已消失無蹤。
請記得，每一天都提供一個重新開始、更新自己的機會——一個為自己重新充電，而不是把自己逼到極限的機會。所需要的，只是意願、知識與技巧。