

I'm worn down,
But I must keep working,
I tell myself it's for a crown,
Yet I hear voices lurking,
In my mind,
I hear,
A repeated vocal grind,
But I let them disappear,
I don't need a break,
But I'm always in a storm, frosted,
I must stay awake,
But I'm always exhausted,

Mind,
Body,
Emotions,
Spirit,

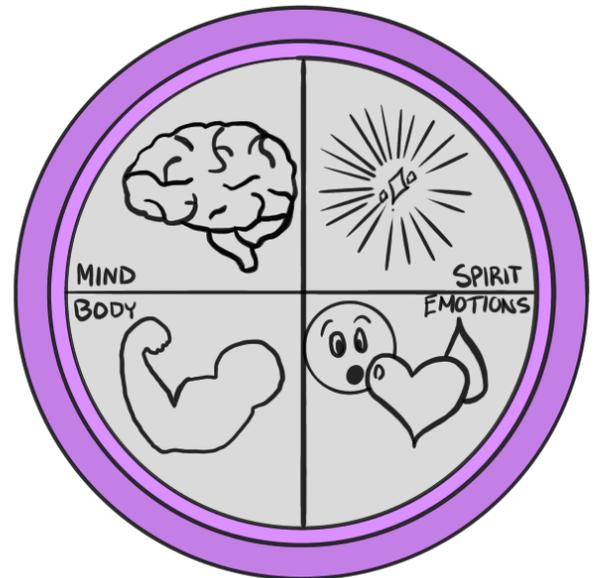
I will write, read and succeed,
I'll show my emotions to other's by a ponder,
I will keep growing my health like a seed,
I will meditate and try not to wander,

I need to keep these concepts up,
I won't let them overflow,
Like too much water in a cup
I will individually let each one grow,
They will help each other be strong,
I just have a feeling,
It's not wrong,
I'm at the stage of healing,

Give space,
Be fast,
But with a desired pace,
It will last,

I need be that one of a few...
That will renew

By Alicia



Explanation:

I've created this poem to show my understanding of the last section of the 7 habits 'renewal'. The big concept of renewal is to focus on re-energizing portions of yourself such as your Mind, Spirit, Body, and Emotions. I think this is also a really significant factor to habit seven 'Sharpen the Saw' because it's all about the concept of self-renewal. From my understanding I think it means taking some time to refresh and strengthen yourself so you can be at your highest peak. I think this connects to the message of my poem because I focus on the things people tend to do when they don't work on this habit. The concepts I touched on

were tiring yourself causing extraction of your mental and physical performance. I think that an improvement of renewal is something I showed throughout my poem because I think that a proper balance between the four main factors of a person Mind, Spirit, and Emotions. Overall, this poem shows my understanding of this section of the book.

My connection:

I also tried to connect this poem to myself and my goals to implement this habit into my livelihood. I specifically want to improve on my balance of my Mind, Spirit, Body and Emotions. I showed the way I can improve on this in my poem in the third paragraph. I think that self-renewal is something I understand to the extent that I can use it to improve myself.

External Source: <https://www.leaderinme.org/blog/habit-7-why-its-important-to-remember-to-sharpen-the-saw/>