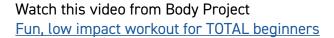
## The Fun Fifteen

## Week Two - Bull Bits



Do you think that what you do matters	? How do you know?
a focused mindset. Working hard bring When you exercise there are so many	ele that shows us that what we do matters. He is a hard worker with gs results. What if we interpreted this to center around The Fun 15? good things that come from it. You have a healthy body and a coved sleep with exercise. There are different forms of exercise. Its of exercise.
,	es of exercise that we can commit to doing over the next 21 days. complish to help you fulfill your Fun 15 challenge. Just 15 minutes o



1. Continue on your 21-day Fun 15 challenge and keep it going! (If you already exercise regularly, make sure to pick a new type of exercise to challenge yourself with)

2. Make sure to use your 21day Challenge Journal to track your progress.

## **Alternative Discussion**

- If Bull represents the "all work and no play" ideal, what part of his "what I do matters" work ethic is good for the island?
- How can we establish hard work as a positive attribute while recognizing that it's also important to understand that what we think matters too?

