



THE

1776



4TH OF JULY CHALLENGE



"DISCIPLINE EQUALS FREEDOM" -JOCKO WILLINK (NAVY SEAL)

1

Growth Warriors are responsible for their actions, their lives, and their successes. This gives them the freedom to enjoy life on their own terms. What's **one** responsibility you can take on, today, that will make tomorrow better? (*chore, goal, task, homework, etc.*)

My One Responsibility Completed:

"WHEN IN DOUBT, PUSH'EM OUT" -ALDEN MILLS (NAVY SEAL)

7

On the mat we say, "motion intensifies emotion!" Moving your body and exercising is an easy way to boost your mood. Navy Seal Alden Mills says, when you are feeling anxiety and doubt, "push'em out!" He is referring to dropping and doing push-ups to help stimulate a better attitude. For this challenge you will do **7** sets of **7** push-ups to get stronger and happier.

Check the box when each set of 7 push-ups is completed:

7

"WHAT YOU APPRECIATE, APPRECIATES" -UNKNOWN

6

People that complain remain the same. Being grateful for your freedoms and the things you have or get to do, will make you happier. What are **six** things/freedoms that you appreciate?

What I appreciate: _____

