**Concept 16: Best Practice #16 – Physical Ownership**

**Assignments**

**Lesson 1: Physical Ownership**

* Read Chapter 22: The Power in A Vision Driven Family Workbook: Journey To A Generational Vision
* List seven benefits of exercise and good health
* List three things that you are doing or plan to do to build good family physical health
* How might you include physical health into your Family Vision?