

The Spence Family



A family that plays together stays together!

Enjoying the beach and a Jamaican sunset. From left to right: Graydon age 4, Mom Celina, Levi age 5, and Dad Mike.



Core Family Values

LOVE Unconditional.

RESPECT Is earned. We understand that everyone has value and when given the opportunity it becomes apparent.

INDEPENDENCE "No one is coming to save you". We do what we can to be a valuable contribution to the family and the world. Self reliance is key.

QUALITY RELATIONSHIPS With everything and everybody. Quality over quantity.



HEALTH & WELLNESS Our bodies are a temple and will be treated as such. 3 dimensional approach to wellness is how we stay healthy. Our health is the foundation to all aspects of our life. Good daily decisions lead to lifetime wellness.

“Be around those that celebrate you not tolerate you.”
— Family motto.

CRITICAL THOUGHT We decide for ourselves what to think and to believe. Quality questions lead to quality answers and quality life.

LAUGHTER & PLAY Live in the moment and take every opportunity to enjoy it.

EXCELLENCE A never ending pursuit of knowledge and improvement. Mediocrity is not in our vocabulary.

WEALTH The world is abundant. We create value and are rewarded for it. Wealth education and discipline are practiced.

DISCIPLINE We approach all life's tasks as if failure is not an option. We understand that through discipline we will achieve our goals.

HARMONY Agree to disagree and work together towards mutual goals.

TEAMWORK The strength of the wolf is in the pack and the strength of the pack is in the wolf.

PASSION We allow ourselves to feel and express that which we believe in.

ACCOUNTABILITY We do what we say and say what we do.



Purpose

PREMISE Having a family is an expression of God's master plan. A family is a right of passage that allows us to learn, grow and explore our full abilities. Our family is how we experience the full depth of love, joy and sorrow.

VISION Love, laughter and fulfillment.

PURPOSE To create abundant boys that create an abundant world.

STRATEGY Lead by example. Adhere to planning pyramid and Lifebook categories.

CATALYZING STATEMENT Each member of the Spence family lives their soul purpose and leaves a lasting legacy on the world.

Family Rules

HONESTY
Tell the truth and be willing to experience the consequences of telling it, good or bad.

“Suck it up muffin.”
— Spence family saying.

HONOUR & OBEY
Listen to Mommy and Daddy and respect the rules of the Spence Family House.

“Be the solution not the problem.”
— Spence family motto.

FAMILY NAME
We alone establish our family reputation and we guard it through our actions.

“Spence family doesn't quit.”
— Spence family saying.

Family Rhythms

DAILY (Include 2)
5:30 am Producer Power Hour
6:45 am Breakfast
7:00 am Journal & Books

WEEKLY (Include 3)
Saturday 11:00 am Family Meeting
Sunday 9:00 am Meal plan & Groceries
Sunday 8:00 pm Lifebook M&C
Sunday 8:30 pm Weekly Plan
Monday Chiropractic Adjustment



Be Fit. Eat Right. Think Well.

The Sapio Family

Live well, laugh often, and love much. Engagement and excellence.

Six Components of Happiness

1. Food, shelter, good health and safety.
2. Get enough sleep.
3. Have relationships that matter to you.
4. Take compassionate care of others and of yourself.
5. Have work or another interest, that keeps you fully engaged.
6. Be responsible for everything that happens in your life.



ELEPHANT:
strength, royalty,
wit, longevity,
happiness,
good luck,
ambition

RED:
warrior,
brave,
bold

GOLD:
generosity,
elevation of the
mind

FALCON:
One who does not
rest until objective
is achieved

ANCHOR:
hope, religious
steadfastness



Our Family Way

Daily

We play the "Acknowledgment & Appreciation" game.
Luke, Leo & Baby Girl work on being independent & entrepreneurial.
One TV in the house: Sapio's are not slaves to TV!
Mommy & Daddy call at 11:30 am.
Individual prayer at bedtime.
Daddy reads the "Sapio Family Prayer" to mommy every night.



"We live for the simplicity on the other side of complexity."

Weekly

Sunday (all day) is family day: big Italian dinner, Sapio family meeting, no electronics.
Monday at 10:30 am: Mommy & Daddy business meeting.
Once per week Sapio family lunch.
5 times per week Sapio family supper.

One weekend trip per quarter. Minimum two vacations per year.

Our Family's Core Values

Simplicity We avoid extravagance, demonstrations of wealth and "toys". We enjoy keeping debts low and our lives very simple.

Personal Growth Pursuing opportunities to increase our knowledge is a primary motivator for us. We realize that all progress starts with the pursuit of knowledge.

Maintaining Deep Relationships We seek opportunities to grow and nurture strong, loving relationships with quality individuals, couples, and families.

Family Our family is our personal foundation. We cherish our time together. We individually look for opportunities to grow when we are together.

Physical & Spiritual Well Being We maintain healthy practices including diet, exercise, yoga, meditation, and the avoidance of things that may damage our health.

Teamwork We know that when we work as a team, a far more leveraged result is possible.

Money Making We enjoy making money and investing it. We aim to maximize profit in our business endeavors.

Charity We believe that by giving, not only will the world be rewarded, but it will come back to us 10+ fold.



mommy ♡ daddy



We play full-out in all aspects of our lives. We are a family first and foremost. Our love is our bond.



luke leo baby girl

Our Family's Rules*

1. Always obey Mom and Dad.
 2. Do manners.
 3. No lying.
 4. No talking back.
 5. Always do your best.
 6. Do your chores.
 7. Put things away after using them.
 8. Don't make excuses.
 9. Don't gossip.
- * You know the consequences for breaking them.

Dan Sullivan's Four Rules

1. Show up on time.
2. Do everything you say you will do.
3. Finish what you start.
4. Say please and thank you.



"How you do anything is how you do everything."

Meeting Agenda

Start with a review of Sapio Family Placemat.
Review all weekly calendars.
Express what you are grateful for to each other.
Discuss issues/roadblocks.
Make plans.
Review outstanding items.
Review our Lifebooks.
Once per month, update and review budget.
Say a prayer, then adjourn.

Family Dinner Game Options*

Read an interesting article and discuss it over dinner.
What did you do to help someone this week?
What was the most exciting thing that happened to you?
What did you do to make the world a better place today?
What is your biggest challenge and opportunity?



*Winner gets to eat off a special plate!

Family Prayer

First and foremost, I am a loving husband to the most wonderful woman in the world, my wife, Melissa. The universe has singled us out as the most successful couple on earth.

Success Flows to us. Happiness flows to us. Opportunities to form incredible relationships flow to us. Opportunities to give back to the world in impactful ways flow to us. Opportunities to leverage our time and money flow to us. Opportunities to earn and give away millions of dollars flow to us.

We keep the moving parts in our lives down to a minimum. We love others. We value being healthy and lean, personal growth, success and working hard to be successful, simplicity, frugality and non-judgement.

Thank you Lord for giving us everything.

"Anything is possible with the right attitude, the right discipline, and the right work ethic."

Ben Franklin's 13 virtues

y s e s d i c l s d o t h o c
m e c s n l s s z y r e u d n
y i n d u s t r y a d a m p i
t a a e o s s e n i t r i d s
i e r c i e o q y n s s l l i
e v e n r n u o s n i c i y r
s a p e t i o s s y o t t r d
y n m l l l e i t s j i y i c
t i e i y n o i t u l o s e r
i t t s i a r t s a t o a e a
t y p e e d t g t r o i e z
s u p i c l i u n d r e e r y
a a r n a c r e e d a e d s h
h o i a e f y r e s i m s o p
c s n v m r o r t h r c o s m

temperance
silence
order
resolution
frugality
industry
sincerity
justice
moderation
cleanliness
tranquility
chastity
humility





Family Prayer

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We keep the moving parts in our lives down to a minimum. We love others. We value being healthy and lean, personal growth, success and working hard to be successful, simplicity, frugality and non-judgmental. Thank you Lord for giving us everything.

Parental Rules*

1. Always Obey Mom and Dad
2. Use Manners
3. No Lying
4. No Talking back
5. Always do your best
6. Do your chores
7. Put things away after using them.
8. Don't make excuses.
9. Don't gossip.
- * You know consequences for breaking them.

Family Quotes

"I love you. I love you more. I love you most." - *Tangled*

"Your degree of success is determined by the nature of your desire." - Charles Haanel

"A tree falls the way it leans. Be careful which way you lean." - *The Lorax*, Dr. Seuss

"Only those who attempt the absurd can achieve the impossible." - Albert Einstein

"Pursue something so important, that even if you fail, the world is better off with you having tried it." - Tim O'Reilly

Griffith Family Way:

- We eat dinner together every night we are home together.
- We play "The Grateful Game" daily.
- One weekend trip per quarter. Minimum two vacations per year.
- Read together - as a family - once a week.
- Call Grammie and Papa at least once a week.
- We raise independent, entrepreneurial children.
- Keep life extremely simple and keep moving parts to a minimum.
- Every morning we say at least one goal for the day.
- Family movie night once a week.
- Don't make TV a slave. NO TV in our bedroom.
- Individually pray before going to bed each night.
- Kiss good night and tell each other "I love you" every night.

Weekly Business Meeting with The Family

Each week, we shut off all electronics and as a family discuss an area of business we would like to pursue or discuss a way other businesses can improve. We also will come up with an idea for a business that could help many people and solve many problems.

Griffith Family Dinner Placemat

"When you find out who you are, you'll find out what you need. Blue skies and sunshine guaranteed." Mama Odie, *The Princess and the Frog*

Mission Statement: We believe in total personal responsibility for creating a family, and home environment oriented around love, respect, achievement, health, deep relationships, personal growth, fun, simplicity, gratitude, mindfulness and travel.

We believe that the world is ours to have, to explore, to alter in positive ways, and to give back to. We seek couples and friends that we can contribute to; and who can contribute back to us. We use this placemat as an example of our commitment to each other and to make our lives, and the lives of others, as bountiful as possible.



Family Absolutes:

1. Show up on time.
2. Do everything you say you will do.
3. Finish what you start.
4. Say please.
5. Whenever anyone gives you something or does something for you, say thank you.
6. Always tell the truth.
7. Don't put anything in your body which can harm you.



Six Components of Happiness

1. Be in possession of the basics — food, shelter, good health, safety.
2. Get enough sleep.
3. Have relationships that matter to you.
4. Take compassionate care of others and of yourself.
5. Have work or an interest that engages you.
6. Be responsible for what happens in your life.

Daily Prayer: 1 Corinthians 13: ¹If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. ²If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. ³If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.

⁴Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶Love does not delight in evil but rejoices with the truth. ⁷It always protects, always trusts, always hopes, always perseveres.

⁸Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. ⁹For we know in part and we prophesy in part, ¹⁰but when completeness comes, what is in part disappears. ¹¹When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. ¹²For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

¹³And now these three remain: faith, hope and love. But the greatest of these is love.

Vision: We are a committed family first and foremost. Our love is our bond. We are healthy, happy, active, and lean.



Our Family's Core Values:

Simplicity: We enjoy keeping all aspects of our lives as simple as possible. We avoid extravagance. We avoid "toys" and demonstrations of wealth. We enjoy keeping debts low and our lives very simple.

Personal Growth: Pursuing opportunities to increase our knowledge is a primary motivator for us. We realize that all progress starts with the pursuit of knowledge.

Maintaining Deep Relationships: We seek opportunities to grow and nurture strong, loving relationships with quality individuals, couples, and families.

Teamwork: The strength of the wolf is in the pack and the strength of the pack is the wolf.

Money Making: We enjoy making money and investing it. We aim to maximize profit in our business endeavors.

Wealth: The world is abundant. We create value and are rewarded for it. Wealth education and discipline are practiced.

Respect: We understand everyone has value and when given the opportunity it becomes apparent.

Health: We do what we can to maintain healthy practices including diet, exercise, meditation, and the avoidance of things that may damage our health.

Family: Our family is our personal foundation. We cherish our time together. We individually look for opportunities to grow when we are together.

Love: Unconditional.

Laughter & Play: Live in the moment and take every opportunity to enjoy it.

Family Rules

Honesty: Tell the truth and be willing to experience the consequences of it, good or bad.

Honor & Obey: Listen to Mommy and Daddy and respect the rules of the Griffith Family House.

Family Name: We alone establish our family reputation and we guard it through our actions.

Legacy: Be grateful for those who have come before us and remember the actions you take today will reflect on your family members of the future.

Pride: Take pride in your school work and how you interact with your friends & family, so each person is better off having interacted with you today.

Be Mindful: Be mindful of your surroundings and the blessings bestowed upon you and be excited to make the world a better place today.

Family Credo

In our family, you must live well, laugh often, and love much. Our family is imaginative, awesome, cool, nice, and entrepreneurial. We are filled with love, happiness, commitment, gratefulness, and the passionate pursuit of excellence!

Griffith Family Virtues

Which ones did you do today?

- | | |
|----------------------------|-----------------------------------|
| ♣ Share | ♣ Laugh at yourself |
| ♣ Make new friends | ♣ Say I love you |
| ♣ Believe in magic | ♣ Try new things |
| ♣ Learn | ♣ Be thankful |
| ♣ Be kind to others | ♣ Show compassion |
| ♣ Always be yourself | ♣ Be happy |
| ♣ Believe in your dreams | ♣ Love each other |
| ♣ Sing and dance | ♣ Dream big |
| ♣ Wish on stars | ♣ Respect one another |
| ♣ Remember you are loved | ♣ Laugh out loud |
| ♣ Color outside the lines | ♣ Keep your promises |
| ♣ Help each other | ♣ Say please and thank you |
| ♣ Always tell the truth | ♣ Be grateful |
| ♣ Do your best | ♣ Think of others before yourself |
| ♣ Pay with hugs and kisses | ♣ Use kind words |
| ♣ Listen to your parents | ♣ Hug often |



Family Dinner Game Options

- Read an interesting article and discuss it over dinner.
 - What did you do to help someone this week?
- What was the most exciting thing that happened to you?
- What did you do to make the world a better place today?
 - What is your biggest challenge and opportunity?
 - What happened today that you are grateful for?