

# Structure

## Family Meeting Sundays at 8 PM

- Review of Sapio Family Placemat
- Review all weekly calendars
- Express what you are grateful for
- Discuss issues/roadblocks
- Make plans
- Review outstanding items
- Review our LifeBooks
- Say prayer
- Adjourn

Sunday is Family Day

## Family Prayer

Our life, our God. 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-judgment.

Thank you Lord for giving us everything.

## Parental Rules

- Obey Mom and Dad
- Do Manners
- No Lying
- No Talking back
- Always do your best

\*You know the consequences if you break any of these.

## Family Constitution

We the people of the Sapio family, do dedicate our family to the task of enriching others lives. We the people of the Sapio family, in order to form a more perfect union, do establish these two basic principles:

Love and honor our Creator.  
Love and respect others.

We hereby base these principles on biblical references (Luke 10:27). We also hereby establish six family limits from these two principles:

We honor Mom and Dad by obeying them.

We honor others and our possessions by putting things away after we have used them.

We honor our commitment to the family by performing all chores responsibly.

We honor friends and family by having good manners and exercising responsibility toward others.

We honor all of God's creation; people and things.

We live life to the fullest, we take chances with people and things, and we don't play small.

We don't gossip.

## Sapio Family Way

We eat dinner together 6 nights per week.

We play "The Acknowledgment Game."

One weekend trip per quarter.

Two vacations per year.

We have two date nights per week.

Family meeting once a week.

Read the Sapio Family Prayer before go to bed.

Lunch together - as a family - once a week.

Talk at 11:30 AM everyday.

We raise independent, entrepreneurial children.

Keep life extremely simple and keep moving parts to a minimum.

Play the appreciation game daily.

Big Italian dinner every Sunday at 2 PM.

Don't make TV a slave. NO TV in our bedroom.

One TV in the house.

Pray before you go to bed each night.

Go to bed at the same time as husband & wife each night.

## Weekly Meeting with My Wife

Each Friday at 4pm, Melissa comes to office, just like a regular business meeting.

## 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!

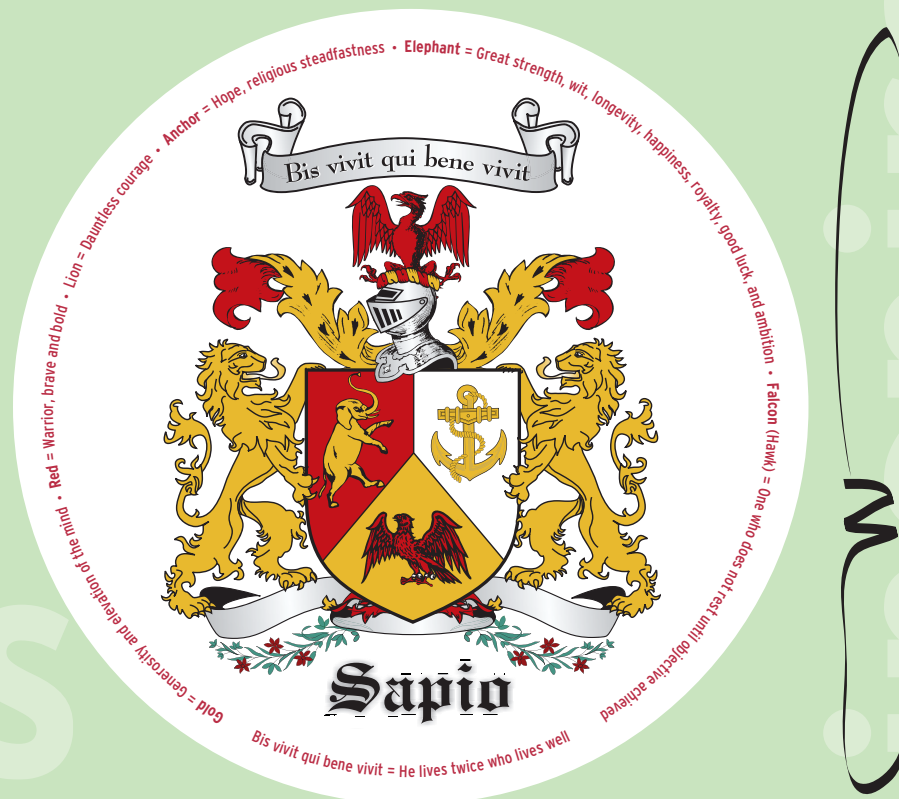
# Our Family Dinner Placemat

**Mission Statement:** Melissa and Rick believe in total personal responsibility for creating a marriage, family, and home environment oriented around love, respect, achievement, health, deep relationships, liberating structures, personal growth, fun 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 LifeBook as a living, breathing resource to make our lives, and the lives of others, as bountiful as possible.

**Vision:** We are seven members strong (eventually). We play full out in all aspects of our lives. We are a family first and foremost. Our love is our bond. We are healthy, happy, active, and lean.

**Credo:** In our family, you must live well, laugh often, and love much. Our family is overflowing with love, happiness, commitment, full engagement, and the passionate pursuit of excellence!



## Family Quotes

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

"The difference between successful people, and extremely successful people, is that extremely successful people say 'No' to almost everything". *Warren Buffet*

"Manage your money. Until you can show that you can handle what you've got, you won't get any more from the universe. The habit of managing your money is more important than the amount!"

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

## Ben Franklins 13 Virtues

**Temperance:** Eat not to dullness; drink not to elevation.

**Silence:** Speak not but what may benefit others or yourself; avoid trifling conversation.

**Order:** Let all your things have their places; let each part of your business have its time.

**Resolution:** Resolve to perform what you ought; perform without fail what you resolve.

**Frugality:** Make no expense but to do good to others or yourself; i.e., waste nothing.

**Industry:** Lose no time; be always employed in something useful; cut off all unnecessary actions.

**Sincerity:** Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.

**Justice:** Wrong none by doing injuries, or omitting the benefits that are your duty.

**Moderation:** Avoid extremes; forbear resenting injuries so much as you think they deserve.

**Cleanliness:** Tolerate no uncleanness in body, clothes, or habitation.

**Tranquility:** Be not disturbed at trifles, or at accidents common or unavoidable.

**Chastity:** Rarely use venery but for health or offspring, never to dullness, weakness, or the injury of your own or another's peace or reputation.

**Humility:** Imitate Jesus and Socrates.

## Today's Catholic

Tradition is an entirely personal process. Faith is handed on by people to people. Popes and bishops, priests and religious, theologians and teachers, pass on the faith. But the main people involved in the process are parents and their children. Children of Chinese parents seldom develop an Irish brogue. And children of Nonreligious parents seldom develop a deep living faith. So in regard to Tradition, keep in mind the words of the noted English priest-educator, Canon Drinkwater; "You educate to some extent... by what you say, more by what you do, and still more by what you are; but most of all by the things you love".

Marriage: In matrimony a husband and wife are called to love each other in a very practical way; by serving each other's most personal needs; by working seriously at communicating their personal thoughts and feelings to each other so their oneness is always alive and growing. This love is explicitly, beautifully sexual. In matrimony a couple is also called to live their sacrament for others. By their obvious closeness, a couple affects the lives of others with 'something special'-the love of Christ in our midst. They reveal Christ's love and make it contagious to their children and to all who come into contact with them. A major purpose, and natural outcome, of matrimony is the begetting of new life-children

Children: The best thing parents can do for their children is to love each other

## Our Wedding Vows

Since it is your intention to enter into marriage, join your right hands, and declare your consent before God and his church.

I, Rick, take you Melissa to be my wife. I promise to be true to you in good time and in bad, in sickness and in health. I will love you and honor you all the days of my life.

I, Melissa, take you Rick to be my husband. I promise to be true to you in good times and in bad, in sickness and in health. I will love you and honor you all the days of my life.

Rick, do you take Melissa to be your wife? Do you promise to be true to her in good time and in bad, in sickness and in health, to love her and honor her all the days of your life? I do.

Melissa, do you take Rick to be your husband. Do you promise to be true to him in good times and in bad, in sickness and in health, to love him and honor him all the days of your life? I do.



# Values

## 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:** 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.

**Physical & Spiritual Well Being:** We 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.

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