

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.



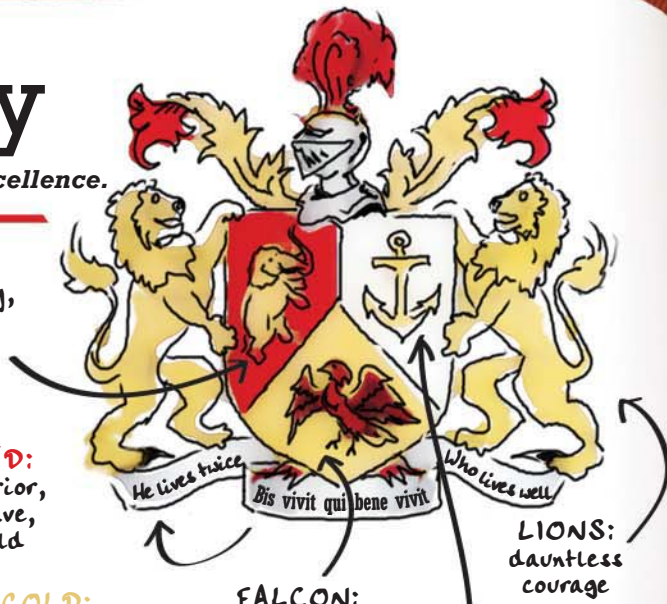
ELEPHANT:
strength, royalty,
wit, longevity,
happiness,
good luck,
ambition

RED:
warrior,
brave,
bold

GOLD:
generosity,
elevation of the
mind

FALCON:
One who does not
rest until objective
is achieved

ANCHOR:
hope, religious
steadfastness



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.”

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.



mommy ♡ daddy

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.



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.”

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!

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

