

To my dearest daughters,

As I sit down to write this letter, my heart swells with love and gratitude for each one of you. I want you to know how important you are to me, and how much I cherish the precious moments that we share as a family.

Over the years, I have witnessed your growth, your laughter, and your tears. I have seen you evolve into remarkable young women, and it fills me with immense pride. But more than anything else, and in case anything were to happen to me, I want you to understand the significance of the family values we hold dear.

Family is a sanctuary, a place where you are unconditionally loved and accepted. It is a bond that should never be taken for granted. As your father, I have strived to instill these values in you from the day that you were born.

1. **PUT GOD FIRST:** Putting God first is essential to being a good person. I believe that the world needs strong values, and I have made it my mission to live by them and to teach them.
2. **APPRECIATE FAMILY:** Family is your steady, constant rock. They are the people who will be there for you when no one else will. Never take family for granted and always proactively look for ways to help them and be there for them. Remember, you represent your family with the words that you say and the things that you do.
3. **PRACTICE THE GOLDEN RULE:** I strongly believe that you should treat others the way you want to be treated. Be empathetic and show them respect. Do not cause harm to others. This leads to a better world.
4. **DO THE RIGHT THING:** Doing the right thing is hard. You will be judged by your peers and family by this simple rule, so follow it with every decision you make. Don't lie, cheat, or steal.
5. **ALWAYS DO YOUR BEST:** Work gives us purpose and fulfillment. Whether it is chores at home, your class work, or your future job, always do the best you can and be proud of

the work you have done. Your peers will pay attention and will judge you by how hard you work and the quality of work that you do.

6. **KEEP LEARNING:** Learn and memorize daily. The more knowledgeable you are, the more rounded a person you will be. Expect the same from your friends and family.
7. **TAKE CARE OF YOURSELF:** Exercise and eat healthy daily. Your body is a vehicle that will take you through this life. Treat it with respect and with superior maintenance. The healthier you are, the better you will feel and the better your life will be. You are more confident and happier when you exercise and eat healthy.
8. **STRIVE FOR SELF-IMPROVEMENT:** Always look for ways to improve your skills. Very few people are naturally talented. Most people have to work hard daily to improve their skills.
9. **BELIEVE IN YOURSELF:** Have self-respect. Talk positively to yourself. Say “no thank you” to negative thoughts about yourself. Stand up for yourself. Have an opinion.
10. **LIVE A WELL-PLANNED LIFE:** A well-lived life is a well-planned life. I plan daily, weekly, monthly, quarterly, annually, and 3 and 5 years out. I use a calendar, lists, and a journal.
11. **WORK TOWARDS GOALS:** Have goals and track them. Reward yourself when you achieve them. I write down my goals constantly in my journal. Because of this, I have achieved many goals over the years.
12. **TAKE BIG CHALLENGES AND MAKE THEM SMALL:** Every day you will be faced with challenges. You can interpret these as challenges or problems. Problems linger; challenges are resolved with solutions. Make the challenge small in your head and break it up into smaller pieces to find solutions.
13. **LOVE OTHER PEOPLE:** Strive to like other people instead of trying to be liked by everyone. Everyone is different, and trying to make everybody like you is a fruitless effort.

14. **STAY POSITIVE:** Think and behave positively. It is easy to say negative words, think negative thoughts, and behave negatively. Decide each morning to be positive that day, no matter what is going on in your life. The difference between a good life and a bad life is how we interpret what happens to us.
15. **LEARN FROM MISTAKES:** There is an old saying, “Fail early and fail often.” We learn by doing, and unfortunately, that means failing sometimes. All of the greatest achievers in the world failed countless times before they found success. Remember that you will not be judged by your failures but by how you reacted to them. Pick yourself back up, learn from them, and move forward.
16. **NEVER GIVE UP:** Persevere and push yourself to higher levels. Success comes only after several failed attempts.
17. **FIND JOY:** Enjoy life! It will pass by in the blink of an eye. Count your blessings each and every day. Life is meant to be cherished, and to be enjoyed with others. This is a decision that you will commit to make every day.
18. **PROTECT OUR COUNTRY:** Freedom is not free. America was founded on the principles of democracy and freedom. Throughout the world, these principles are challenged every day. It is our duty as citizens to keep these principles sacred and to never let the dream of America die.

Remember, life can be challenging, but these values will be your guiding star. As you venture into the world, I hope you carry these principles with you, making choices and decisions that reflect the love and values we hold dear as a family.

No matter where life takes you, know that you are forever in my heart and that this family will always be your safe haven. Our bond is unbreakable, and I will continue to support you and love you as long as I live.

With all my love and the warmest of hugs,

Your adoring father, Josh