

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 we have shared 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, 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 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 a mission to live by them and to teach them.
- 2. Appreciate Family:** Family is your steady constant rock. They are the ones that will be there for you when no one else will be. Never take them for granted and always proactively look for ways to help them and be there for them. Remember you represent your family when with the words that you say and the things that you do.
- 3. Remember 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 the chores at home, your classroom work or your

future job, do the best that you can and make sure you are proud of the work that you have done. Your peers will pay attention and will judge you by how hard you work and the quality of work you do.

6. Keep Learning: Learn and memorize daily. The more you know the more rounded of 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 vehicle that will take you through this life. Treat it with respect and with superior maintenance. The more healthy you are the better you will feel and the better your life will be. You are more confident and more happy 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 Planned Life: A well lived life is a well planned life. I plan my life daily, weekly, monthly, quarterly, annually, and 3 and 5 years out. I use a calendar, lists and a journal.

11. Work Toward Goals: Have goals and track them. Reward yourself when you achieve them. I write down my goals constantly in my journal. I have achieved many of them over the years.

12. Take Big Challenges and Make Them Small: Everyday 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 subsets to find solutions.

13. Love Other People: Strive to like others instead of trying to be liked by everyone. Everyone is different and trying to make everyone like you is a fruitless effort.

14. Stay Positive: Think and behave positively. It is easy to say negative words, think negative thoughts, 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 of the world failed countless times before they found success. Remember that you will not be judged by our failures but 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 a blink of an eye. Count your blessings everyday. Life is meant to be enjoyed and to enjoy with others. This is a decision that you will make everyday.

18. Protect Our Country: Freedom is not free. America was founded on principals of democracy and freedom. Throughout the world these principals are challenged every day. It is our duty to keep these principals 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.

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

Your Adoring Father,

Josh