

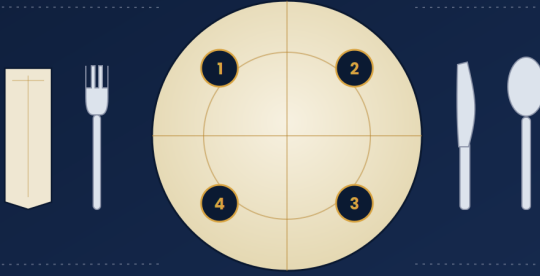
FAMILY & LEGACY

FOUR COURSE DINNER

No screens. Four shares. One table.

BOAZ
STRATEGIC

FAVORITE PART OF MY DAY



SOMETHING NICE I DID

SOMETHING I'M GRATEFUL FOR



SOMETHING NICE FOR ME

This is the table our co-founders Aaron and Joya Minard built — simple, repeatable, and treasured. A family present with each other, not just present with a meal.

Columbia University research links regular family dinners to closer parent-child bonds and lower risk of substance abuse.
Boaz Strategic helps leaders build traditions their family looks forward to, not just tolerates.

Present with a meal, or *with each other?*

“ *A family present with each other is worth more than a family merely present with a meal.* ”

Picture dinner in most homes: a plate, then everyone scatters to a screen in their corner.

Or worse — everyone's at the table, present with a meal, not each other.

Aaron and Joya Minard built a different picture — no electronics, and each person takes a turn answering four simple questions.

1. The favorite part of their day
2. Something nice they did for someone else
3. Something nice someone did for them
4. Something they're grateful for

It's simple enough to repeat every single night, and specific enough to spark a real conversation instead of the usual “fine” when you ask how someone's day went.

Columbia University research backs it up: kids who eat dinner with family regularly report closer relationships and lower risk of substance abuse.

None of that happens by accident. It happens because someone decided to build the ritual.

At Boaz Strategic, we help leaders build traditions their family looks forward to.