

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 develop leaders who build traditions their family looks forward to.