



LATANYA & CO.

# F4 Framework™ Master Guide

*Faith • Family • Finances • Fitness — First Things First*

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## Welcome & Mission

Welcome to the F4 system. Latanya & Co. exists to bring clarity, alignment, stewardship, and consistency into everyday life. The **F4 Framework™** is your personal operating system—built to support intentional living without pressure, comparison, or overwhelm.

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## Framework Overview

The F4 Framework™ (F4) centers on 4 lifestyle pillars:



### Faith

your grounding center — values, beliefs, purpose, and inner alignment



### Family

your core community — relationships, home systems, legacy, and rhythms



### Finances

your stewardship center — budgeting, planning, investing, and long-term habits



### Fitness

your well-being center — strength, accountability, sleep, energy, and consistency

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## Core Principles

First things first always wins

- Alignment over achievement
- Progress over perfection
- Systems over pressure
- Consistency creates legacy
- Transformation is the goal, not competition

This system works for the long term and supports you in every season.



## How to Start Using Your System

Download your templates

1. Add them to your Notion or planning hub
2. Set your weekly rhythm check-ins
3. Apply your budget system with precision
4. Delegate home accountability and tasks
5. Track consistency weekly

Revisit your 5-year vision quarterly or quarterly-adjacent



## What You Now Have Access To

Your Digital Starter System includes:

- Weekly Rhythm Planner (accountability + habit tracking)
- F4 Budget Template (income-inclusive for couples + individuals)
- Family Systems Organizer (task delegation + home structure)
- Decision Clarity Guide (goal setting + priority alignment)
- Meal & Home Planning Templates (schedules, meals, routines)
- Encouragement Vault Starter Pack (Monday affirmations + motivation)
- 5-Year Vision Board Template (future-focused lifestyle roadmap)

## Who This System Supports

Designed for:



- Busy parents building home structure
- Couples strengthening financial teamwork
- Professionals improving personal routines
- Entrepreneurs organizing life + legacy
- Anyone replacing chaos with clarity and consistency

## Future Tools & Experiences (Inside Latanya & Co.)

More resources will open over time, including:



Digital courses, group challenges, community events, accountability rhythms, legacy planning tools, and lifestyle templates. All offerings will remain system-first, purpose-driven, and community-centered.

## Community & Legacy Vision



You are now part of something bigger than organization—you are part of a growing legacy of families, professionals, and entrepreneurs choosing clarity, stewardship, and consistency together.

## Terms of Use & Legal Note

This system is for personal use. Templates may not be resold or redistributed for commercial resale.

## Value Reminder

This system is built to support your lifestyle for the long haul. Use it your way, refine it when needed, and return to it often. Consistency creates the transformation you're here for.