

30
DAY



DAD CHALLENGE



Ask your child, "What is one thing we can do together this month?"

1

Kiss your children while they are asleep.

2

Tell them one specific way they have made you proud recently.

3

Write down one quality of a great dad. Be that today.

4

Teach your son/daughter one thing they can do on their own.

5

Picture your child at 25. Father with that in mind every day.

6

Do not criticize your child today.

7

Ask your child's opinion about something.

8

Make your child laugh today.

9

Be firm when needed, but not harsh.

10

Say to yourself, "He/she is only _____ years old. He/she is still a child." Then treat him/her that way.

11

Calculate how many weekends you have with your children before they graduate from high school.

12

Tell your child, "I am so glad you are my son/daughter."

13

Focus on being patient today.

14

Write down your 3 favorite things about being a dad. Keep the list where you can see it all day.

15

Surprise your child with something today.

16

Pray for wisdom.

17

Encourage your child today.

18

Turn off your phone, computer, or TV when your child is with you.

19

Hug your children three times today.

20

Buy your kids their favorite treat.

21

Write down one way you want your children to remember you. Focus on being that today.

22

Think of yourself when you were your child's age. Remember how you felt.

23

Teach your child a new word.

24

Forgive others and yourself.

25

Identify a man you admire. Emulate a quality of his today.

26

Go the whole day without yelling.

27

Do not interrupt your child when he/she is talking.

28

Do one thing that is good for your health: walk 10 minutes; play basketball; or get a good night's sleep.

29

Focus on being loving today.

30