MY 24:7 DAD® CHECKLIST

24:7 DAD®

NAME: _____

WEEK OF: _____

My main reason/motivator for completing the action items on my checklist is . . .

_____
_____
_____

Another reason(s)/motivator(s) for completing the action items is/are . . .

_____
_____
_____

Include checklist items (actions) that:
- Are clear, specific, and—except for those that will only occur one time—which you can repeat as often as possible.
- Focus mostly on daily and weekly actions. The more often you take actions, the easier you will find it to be a 24/7 Dad.
- Are realistic, given your situation, and as easy to do as possible. Set yourself up for success not failure.

Examples of Checklist Items as "When/If" Statements
- When it's Monday, I will take Steven to the park.
- When it's Friday at 5:00 PM, Latesha and I will talk for at least 30 minutes about her week.
- If my boss will give me Wednesday off, I'll attend Vanessa's school program at 10:00 AM.
- If it's the weekend, I'll take Julian and his mom to the movies.

DAILY	WEEKLY	MONTHLY	ONE TIME
☐ _____	☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____	☐ _____
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