

# Titan Dad Daily Checklist

## Start Your Day Strong:

- **Morning Intentions:** Set a positive intention for the day. How can you be the best dad today?
- **Connect with Your Kids:** Spend at least 10 minutes of quality time with each of your children. Whether it's talking, playing, or helping with a task, make it count.
- **Express Love & Affirmation:** Tell your kids you love them and remind them of something awesome about them.
- **Model Positive Behavior:** Show respect, patience, and kindness throughout your day.
- **Encourage Independence:** Give your kids opportunities to do things on their own today (like getting dressed or helping with chores).
- **Check-in on Emotional Health:** Ask how your kids are feeling—emotions matter!
- **Give Yourself Grace:** Being a dad isn't about perfection. Acknowledge your efforts, even on tough days.

## Evening Reflection:

- **End-of-Day Connection:** Spend a few minutes talking to your kids before bed.
- **Gratitude:** What are you thankful for today? Reflect on the small wins.
- **Plan for Tomorrow:** What do you want to focus on tomorrow to grow as a father?