GOODE FATHERHOOD / ROOTED IN LOVE. BUILT FOR LEGACY.

# 30 days of showing up.

A practical challenge for every stage of fatherhood.

You do not need a perfect month. Start with one small action you can repeat. Adapt every prompt to your child's age, needs, family structure, and any court or safety requirements.

### 01 / CONNECTION

Days 1-7: Listen, notice, and make room for shared time.

### 02 / PATIENCE & REPAIR

Days 8-14: Practice calm limits, emotional awareness, and accountability.

### 03 / STABILITY

Days 15-21: Take practical steps toward a more manageable month.

### 04 / LEGACY

Days 22-30: Invite wisdom, seek support, and choose what continues.

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My reason for starting:

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My start date: _____ My support person: _____

Progress is a practice, not a test. Skip or adapt an activity if it does not fit your situation. Reconnection never requires ignoring boundaries or court orders.

# Week 1 / Build connection

Check each action you try. You can pause, repeat, or change the order.

- [ ] **DAY 01** Ask your child what made them smile today. Listen without fixing.
- [ ] **DAY 02** Give ten minutes of undivided, phone-free attention.
- [ ] **DAY 03** Name one feeling you experienced and how you handled it.
- [ ] **DAY 04** Read together, tell a story, or share a favorite childhood memory.
- [ ] **DAY 05** Ask: What is one thing you wish we did more often?
- [ ] **DAY 06** Praise a specific effort instead of a label: You kept trying.
- [ ] **DAY 07** Reflect: When did my child feel most connected this week?

**What did I notice?**

**What would I like to try again?**

# Week 2 / Practice patience & repair

Check each action you try. You can pause, repeat, or change the order.

- [ ] **DAY 08** Notice a stress signal in your body. Pause before responding.
- [ ] **DAY 09** Practice a calm limit: I will not let you hit. I am here to help.
- [ ] **DAY 10** Offer two safe, age-appropriate choices.
- [ ] **DAY 11** Apologize for a mistake without adding an excuse.
- [ ] **DAY 12** Ask a co-parent one practical question about the week ahead.
- [ ] **DAY 13** Write a brief, child-focused message about one shared decision.
- [ ] **DAY 14** Reflect: What pattern do I want to keep? What can I change?

**What did I notice?**

**What would I like to try again?**

# Week 3 / Build stability

Check each action you try. You can pause, repeat, or change the order.

- [ ] **DAY 15** List essential bills and the dates they are due.
- [ ] **DAY 16** Choose one realistic savings goal, even if the first step is tiny.
- [ ] **DAY 17** Locate important documents and note what is missing.
- [ ] **DAY 18** Ask about one education, apprenticeship, or career opportunity.
- [ ] **DAY 19** Write down three questions for a legal or financial professional.
- [ ] **DAY 20** Share an age-appropriate money lesson without shame.
- [ ] **DAY 21** Reflect: What would make next month feel more manageable?

**What did I notice?**

**What would I like to try again?**

# Week 4 / Pass it forward

Check each action you try. You can pause, repeat, or change the order.

- [ ] **DAY 22** Invite an elder to share a lesson you can pass along.
- [ ] **DAY 23** Thank someone who has supported your fatherhood journey.
- [ ] **DAY 24** Plan a free father-child outing and put a date on it.
- [ ] **DAY 25** Ask a school or community group how fathers can help.
- [ ] **DAY 26** Contact a trusted person and be honest about how you are doing.
- [ ] **DAY 27** Choose one preventive health question for your clinician.
- [ ] **DAY 28** Write a short note telling your child what you appreciate about them.
- [ ] **DAY 29** Ask your child which moment this month they want to repeat.
- [ ] **DAY 30** Choose one habit to continue. Schedule your next check-in.

**What did I notice?**

**What would I like to try again?**

# Keep the good. Keep growing.

A reflection to carry into the next month.

**A moment of connection I want to remember:**

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**Something I learned about my child or myself:**

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**A pattern I am practicing changing:**

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**One habit I will continue:**

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**The next date I will protect for connection:**

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## About this challenge

Original educational prompts informed by CDC Positive Parenting Tips and NIMH Caring for Your Mental Health. These activities support reflection and connection; they are not individualized therapy, legal, or financial advice.

CDC: cdc.gov/child-development/positive-parenting-tips/

NIMH: nimh.nih.gov/health/topics/caring-for-your-mental-health

CFPB: consumerfinance.gov/consumer-tools/educator-tool/your-money-your-goals/toolkit/