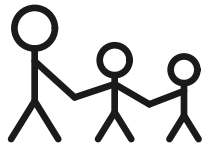


DAD THE F*CK UP

THE COMPANION JOURNAL

EVERY PAGE THIS BOOK ASKS YOU TO WRITE ON.
FREE. PRINT WHAT YOU NEED. THE DAY NUMBERS MATCH THE BOOK.



HOW TO USE THIS

PRINT WHAT YOU NEED.

You do not need the whole thing. Print a month at a time, or print one page the morning it comes up. It is free and it will still be here next year.

THE DAY NUMBERS MATCH.

Day 60 in the book is day 60 in here. Every mission that asks you to write names the day and the page, so there is nothing to look up.

NOT EVERY DAY HAS A PAGE.

Most days ask you to do something, not write something. Only the days that ask for a pen are in here.

A NOTEBOOK WORKS TOO.

If the printer is out of ink, use paper. The writing matters more than where it happens.

TWO PAGES ARE FOR THE KIDS.

Day 183 and day 365. Print those two whatever else you skip. They are the ones that end up on the fridge.

DAYS 001 - 031

MONTH 01

SHOW UP

Presence beats presents, and the window where they would rather be with you than with anyone alive is open right now. It closes a little every day. Thirty-one days on showing up: where your attention actually goes, what your face says at the door, and whether the small people in your house can find your eyes when they look up.

DO THE SUMMER MATH.

TODAY'S MISSION

Write the math below, one row per kid. Their age, the summers left at home, and one phase they are in right now that will not last. Look at the numbers until you feel the jolt.

KID	AGE	SUMMERS LEFT	PHASE RIGHT NOW

MORE ROOM

KNOW THEIR CURRENT FAVORITES.

TODAY'S MISSION

Fill the live file below for one kid tonight. Blanks are not failures, blanks are tonight's dinner questions. Then run the same six on the others at the table.

SHOW

BEST FRIEND

FOOD THEY LOVE

CURRENT FEAR

OBSESSION

PROUDEST OF

MORE ROOM

LEARN THE NAMES IN THEIR WORLD.

TODAY'S MISSION

Build the cast list below. Six names, one fact each. Milo, best friend, obsessed with volcanoes. Then use one this week and watch their face when you do.

NAME AND ONE FACT

1	
2	
3	
4	
5	
6	

MORE ROOM

KEEP THE SMALL PROMISES.

TODAY'S MISSION

List three open contracts below. Close one of them today, just do the thing. Put dates on the other two and say those dates out loud to them. Then the standing rule. No promise leaves your mouth without a timestamp.

OPEN PROMISE AND ITS DATE

- 1 _____
- 2 _____
- 3 _____

MORE ROOM

THE DAD YOUR DAD WAS. OR WASN'T.

TODAY'S MISSION

The inheritance audit, below. One thing your father did that you are keeping, on purpose. And one pattern that stops with you. Write both. The script is yours to edit now.

KEEPING, ON PURPOSE

STOPS WITH ME

SIGNED

DATE

MORE ROOM

THE SHOW-UP CLAUSE.

THE SHOW-UP CLAUSE

I show up. The daily floor, the sixty-second dock, both bookends, the table with questions. My promises carry timestamps, my calendar carries their events marked busy, and the empty-chair count is zero. Read it out loud, name both lines below, then sign it.

THE ONE I WILL DEFEND HARDEST

THE ONE I KEEP DROPPING

SIGNED

DATE

MORE ROOM

GATE 01: SHOW UP.

THE GATE

Name both below, then sign it. Month one is closed when your name is on it, not when the page runs out.
Then set your alarm ten minutes earlier tonight.

WHAT CHANGED IN THIS HOUSE THIS MONTH

WHAT I'M CARRYING INTO MONTH TWO

SIGNED

DATE

MORE ROOM

DAYS 032 - 059

MONTH 02

THE FIRST HOUR

Mornings set the temperature for everything that follows, and yours is currently set by whoever wakes up angriest. Twenty-eight days on the first hour of the day. What they see on your face before anybody has spoken, who is actually running the launch, and whether the house starts calm or starts behind.

THE FIRST HOUR SETS THE WHOLE DAY.

THE BEFORE-PHOTO

Fix nothing today. Watch this morning like a documentary crew and write the honest tape below. This is the before-photo the rest of the month renovates, so do not flatter it.

WHO WOKE FIRST

THE TONE AT 7AM

WHERE IT CRACKED

LOUDEST MOMENT

THEIR FACES AT THE DOOR

MORE ROOM

THE LAUNCH SEQUENCE, WRITTEN DOWN.

THE LAUNCH SEQUENCE

Write the sequence below. Every station in order, the time it starts, and who owns it. Claim at least three in your own name and put it somewhere the crew can see it.

TIME	STATION	OWNER

MORE ROOM

WEATHER-PROOF THE LAUNCH.

THE CONTINGENCY CARD

Fill the card below and tape it inside a cabinet door. Storms are coming either way. The house will watch you handle them like weather, which is what they now are.

SICK DAY, WHO STAYS

MISSED ALARM PLAN

SPARE SHOES LIVE

NO CAR, THEN WHAT

BACKUP NUMBER

MORE ROOM

THE FIRST-HOUR STANDARD.

THE FIRST-HOUR STANDARD

The first hour is mine to run. Up before the crew, phone in exile, voice at dinner volume, margin staged the night before. Wake-ups are warm, breakfast is a meeting, the send-off never skips. Read it out loud, name both lines below, then sign it.

THE PART THAT ALREADY HOLDS

THE PART THAT STILL SLIPS

SIGNED

DATE

MORE ROOM

GATE 02:

THE FIRST HOUR.

THE GATE

Name both below, then sign it. Month two is closed when your name is on it. Then stage tomorrow's launch tonight, which by now you were going to do anyway.

THE MORNING THAT CHANGED MOST

WHAT I'M CARRYING INTO MONTH THREE

SIGNED

DATE

MORE ROOM

DAYS 060 - 090

MONTH 03

PATIENCE

Your fuse is not a mood. It is the climate your kids grow up in, and it decides how much they can mess up, ask twice and be slow without hitting a wall. Thirty-one days on the two seconds between what they do and what you do next, which turns out to be the whole trick.

PATIENCE IS THE ROOM THEY GROW UP IN.

THE FUSE SURVEY

Write your five triggers below, the ones that flip you from dad to siren. The whining, the slowness, the bedtime callbacks, the food refusal, the sibling wars. You cannot dismantle what you will not name.

WHAT FLIPS ME

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

MORE ROOM

YOUR DAD'S FUSE ISN'T YOURS.

THE FUSE INHERITANCE

Answer all three below. No shame spiral, that is tomorrow's problem and it has its own page. This is just the audit. What gets named gets managed. What stays buried gets handed on.

WHAT HIS ANGER LOOKED LIKE

WHAT I SWORE I'D NEVER REPEAT

WHAT LEAKED THROUGH ANYWAY

MORE ROOM

THE CALM-DAD REPUTATION.

THE SENTENCE

Write the one you want them saying at twenty-five, starting with my dad was. Honest and ambitious both. Then work backwards. What does this week look like if that sentence is true? Every rep from here is a word in it.

MY DAD WAS...

MORE ROOM

THE PATIENCE CLAUSE.

THE PATIENCE CLAUSE

I own the gap between trigger and response. My volume has a ceiling, my snaps have a ten-minute repair clock, my justice waits a day, and my state gets checked before it meets my kids. The fuse I inherited ends its run with me. Read it out loud, name both lines below, then sign it.

THE REP I NOW MAKE WITHOUT THINKING

THE TRIGGER STILL WINNING

SIGNED

DATE

MORE ROOM

GATE 03:

PATIENCE.

THE GATE

Name both below, then sign it. Month three is closed when your name is on it. Then go answer a callback kindly tonight, because there will not always be one.

THE MOMENT I HANDLED DIFFERENTLY

WHAT I'M CARRYING INTO MONTH FOUR

SIGNED

DATE

MORE ROOM

DAYS 091 - 120

MONTH 04

PLAY

Fun is not a break from the job. Fun is the job, and it is how they will remember you. Thirty days on the floor, in character, out of breath. The tickle-monster years have a closing date nobody announces, and you are standing inside them right now.

FUN IS THE JOB.

THE PLAY AUDIT

Write the last three times you fully played with your kids. Not supervised, not watched from a chair. Played, in character, on the floor, out of breath. Rough dates are fine. If the third one takes real digging, that is exactly why this month exists.

WHEN, AND WHAT WE PLAYED

- 1 _____
- 2 _____
- 3 _____

MORE ROOM

DAY 100: THE CHECK-DOWN.

THE HUNDRED-DAY LOG

Write the five changes your kids would name if somebody asked them what is different about dad. Their list, honestly guessed, not yours. Then tonight verify one. Ask a kid, casually, whether anything seems different lately. Brace yourself. It is usually better than your list.

WHAT THEY'D SAY IS DIFFERENT

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

MORE ROOM

THE FUN-DAD GAP. ASK THEM.

THE CUSTOMER SURVEY

Ask both questions tonight, casually, and write what they say below. No campaigning for your own favorites and no correcting the record. Their do-more answer is next week's calendar, already written for you by the customer.

THE MOST FUN WE'VE EVER HAD

WHAT THEY WANT MORE OF

MORE ROOM

THE PLAY CLAUSE.

THE PLAY CLAUSE

Fun is the job. I play daily, fifteen minutes minimum, full commitment, their rules and their flavors. The bench has lost me, the phone gets three photos, boredom gets breathing room, and every terrible joke gets funded. Read it out loud, name both lines below, then sign it.

THE PLAY THAT'S NOW AUTOMATIC

THE ONE I KEEP SKIPPING

SIGNED

DATE

MORE ROOM

GATE 04: PLAY.

THE GATE

Name both below, then sign it. Month four is closed when your name is on it. Then go lose a wrestling match tonight, spectacularly, the way the constitution requires.

THE BEST THING WE PLAYED THIS MONTH

WHAT I'M CARRYING INTO MONTH FIVE

SIGNED

DATE

MORE ROOM

DAYS 121 - 151

MONTH 05

THE PARTNER

Your kids are learning what love is by watching you and their mother, and neither of them is taking notes on purpose. Thirty-one days on the demonstration that runs daily in your house whether you are paying attention to it or not.

THEY'RE WATCHING THE DEMO.

THE DEMO AUDIT

Write what the current demonstration is teaching. Plainly, including the flat parts. You cannot upgrade what you will not watch back.

HOW THEY SEE ME GREET HER

HOW THEY HEAR ME TALK ABOUT HER

HOW THEY SEE US SORT THINGS OUT

MORE ROOM

THE LONG GAME: STILL US AT SIXTY.

THE HORIZON

Ask her tonight, light and warm. When the kids are grown and it's just us, what's one thing you dream about for that chapter? Trade answers, then write both below, because in fifteen years you will want the receipt.

WHAT SHE SAID

WHAT I SAID

MORE ROOM

THE PARTNER CLAUSE.

THE PARTNER CLAUSE

The marriage they're watching is the love they'll copy, so the demo runs excellent from here. I love her out loud, back her calls, thank her on-mic, and guard her name in every room. Read it out loud, name both lines below, then sign it.

WHAT THEY'D SAY ABOUT US NOW

THE PART OF THE DEMO STILL WEAK

SIGNED

DATE

MORE ROOM

GATE 05:

THE PARTNER.

THE GATE

Name both below, then sign it. Month five is closed when your name is on it. Then kiss their mother for six full seconds on the way to bed, over whatever objections arise.

WHAT CHANGED BETWEEN US THIS MONTH

WHAT I'M CARRYING INTO MONTH SIX

SIGNED

DATE

MORE ROOM

DAYS 152 - 183

MONTH 06

PROVIDER PRESENT

Feeding their future while missing their present was never the assignment. Thirty-two days on the alibi, the phone that thinks it is a briefcase, and the empty-chair math run at full depth. It ends with the kids grading you in crayon.

Two numbers below, from last week. Hours worked, including the phone-work you did at home. Hours of engaged kid-time. No judgment yet, just daylight. Day 183 runs the kids' own version of this audit, and it is thirty-one days out.

DEFINE ENOUGH.

THE ENOUGH LINE

Have the conversation with her this week and fill it in below. What income covers the life you both actually want, what role level, and what we made it concretely looks like. Then the radical clause. Work beyond this gets negotiated as a trade, openly, rather than assumed.

THE NUMBER

THE ROLE LEVEL

WHAT WE MADE IT LOOKS LIKE

SIGNED

DATE

MORE ROOM

THEY'D POST YOUR JOB IN TWO WEEKS.

THE TWO OBITUARIES

Write two lines each below. Work's version, on how fast the wheel would turn. Theirs, on what they would remember. Read them side by side, and come back to this page whenever overtime asks for a bedtime.

WHAT WORK WOULD SAY

WHAT THEY WOULD REMEMBER

MORE ROOM

BE AMBITIOUS ABOUT FATHERHOOD TOO.

THE QUARTER'S DAD KPIS

Set three below and review them monthly, honestly. The bedtime percentage. The chair record, instrumented at zero. The mission count. You have been managed by numbers your whole career. Finally, some worth hitting.

THE METRIC AND THE TARGET

- 1 _____
- 2 _____
- 3 _____

MORE ROOM

THE RETIREMENT SPEECH NOBODY GIVES.

THE VERDICT FROM THE FAR END

Write what old-you says, reviewing these exact years from the very end. What you got right, and what he begs you to change while there is still time. Reread it before every overtime decision. Old you has perfect information.

WHAT HE SAYS I GOT RIGHT

WHAT HE BEGS ME TO CHANGE

MORE ROOM

THE PROVIDER CLAUSE.

THE PROVIDER CLAUSE

Providing was never the whole job. I leave on time, the phone keeps office hours, the calendar carries their events as board meetings, and the evenings are revenue I guard. Enough is defined and the empty-chair count stands at zero. Read it out loud, name both lines below, then sign it.

THE HOUR I TOOK BACK THIS MONTH

THE ONE WORK STILL OWNS

SIGNED

DATE

MORE ROOM

GATE 06:

PROVIDER, PRESENT.

THE GATE

Name both below, then sign it. Month six is closed when your name is on it. Then go find the crayons tonight, because they will need them tomorrow.

WHAT I TRADED BACK THIS MONTH

WHAT I THINK THEY'LL SAY TOMORROW

SIGNED

DATE

MORE ROOM

THE REPORT CARD.

HEY KIDS! MOM CAN HELP.

Color in the circles for dad. One circle means needs work and ten means the best. Be honest, he asked for it. Then write and draw at the bottom. This is your page.

PLAYING

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	10
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	----

LISTENING

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	10
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	----

PATIENCE

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	10
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	----

SHOWING UP

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	10
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	----

FUN

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	10
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	----

KEEP DOING THIS, DAD:

DO THIS MORE, DAD:

DRAW DAD:

DAYS 184 - 212

MONTH 07

TEACH

Everything you know dies with you unless you hand it down. The fixing, the cooking, the apologizing, the getting up again. Twenty-nine days on the handover, run deliberately for once, because you were the faculty long before any school got them.

YOU'RE THE FIRST TEACHER THEY HAD.

THE SYLLABUS

Write five things you know that they will need. The bike fix, the fried egg, the handshake, the budget, the apology, losing well, the tire change, courage while scared. Your five, as course titles. Every mission this month draws from this list.

COURSE TITLE

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

MORE ROOM

VALUES DON'T TRANSFER BY OSMOSIS.

THE VALUES AUDIT

Write three beliefs you have never explicitly taught. We tell the truth even when it costs. Strong people protect, they do not push. Then say one of them out loud this week, attached to a real moment. The competitors publish daily.

THE BELIEF, IN MY WORDS

1 _____

2 _____

3 _____

MORE ROOM

DAY 200: THE STOCKTAKE.

THE STOCKTAKE

Write two things they have learned from you, and two you have learned from them. Honestly, both columns. Then notice which column surprised you more.

WHAT THEY LEARNED FROM ME

WHAT I LEARNED FROM THEM

MORE ROOM

THE TEACHER CLAUSE.

THE TEACHER CLAUSE

I am the first teacher they ever had and class runs daily. I narrate while I work, keep my hands in my pockets while they learn, praise the process, and let the crooked cut stand. My values get said out loud and my fears stay off the syllabus. Read it out loud, name both lines below, then sign it.

THE SKILL THEY OWN NOW

THE ONE I KEEP TAKING BACK

SIGNED

DATE

MORE ROOM

GATE 07: TEACH.

THE GATE

Name both below, then sign it. Month seven is closed when your name is on it. Then go drink some water, because month eight sees everything.

WHAT THEY CAN DO NOW THAT THEY COULDN'T

WHAT I'M CARRYING INTO MONTH EIGHT

SIGNED

DATE

MORE ROOM

DAYS 213 - 243

MONTH 08

THE BODY

Every mission in this book runs on one machine, and it is yours. Thirty-one days on the thing that decides whether you have anything left at six in the evening, and whether you are standing at the weddings. Not about mirrors. About attendance.

BE AT THEIR WEDDING.

THE ATTENDANCE LIST

Write the future events you fully intend to be present for. The weddings, the graduations, the first grandchild, the fiftieth anniversary. Use names where you have them. Then read it once, slowly. Every page this month serves that list.

THE EVENT I INTEND TO ATTEND

- 1 _____
- 2 _____
- 3 _____
- 4 _____

MORE ROOM

THE MACHINE

EVERYTHING RUNS ON.

THE BASELINE

Fill in four numbers below and date it. Hours slept last night. Minutes of movement today. Water, roughly, in liters. Energy from one to ten, rated at eight in the evening. This is the before-photo. Day 234 takes the after.

HOURS SLEPT

MINUTES MOVED

LITERS OF WATER

ENERGY AT 8PM

TODAY'S DATE

MORE ROOM

THE COUCH IS THE PROBLEM.

THE FUNCTIONAL TEST

Run all three tonight and write what happened. Getting off the floor, no hands is elite and furniture-assist is your flag. The loaded stair carry. The twenty-meter sprint. Honest data, no shame. Whatever fails becomes tomorrow's training menu.

FLOOR SIT-AND-RISE

THE STAIR CARRY

TWENTY METERS FAST

MORE ROOM

YOUR FATHER'S HEALTH STORY.

THE FAMILY HEALTH FILE

Write both sides below. The headline conditions and the ages they arrived. Mark the gaps, then fill them with one call to a parent this week. Bring this page to the checkup, because it changes what the doctor looks for.

FATHER'S SIDE, AND AT WHAT AGE

MOTHER'S SIDE, AND AT WHAT AGE

MORE ROOM

Write them below from the results, each with the target your doctor gave you beside it. Re-run at next year's annual and read the deltas like quarterly earnings, because that is exactly what they are.

THE ENERGY DIVIDEND.

THE RE-LOG

Write the same four numbers below, three weeks on, and put them next to the day 214 baseline. Then one more line. What did the kids get this month that the old energy budget could not fund? That is the dividend, paid in the currency that was the point.

HOURS SLEPT	
MINUTES MOVED	
LITERS OF WATER	
ENERGY AT 8PM	
WHAT THE KIDS GOT	

MORE ROOM

THE CALL YOUR FAMILY NEVER GETS.

THE ODDS AUDIT

Write the three changes from this month that most lower your version of that call. Then start the one that is not running yet, this week, without ceremony. Fold the corner and come back whenever maintenance starts to feel optional.

THE CHANGE THAT MOVES THE ODDS

- 1 _____
- 2 _____
- 3 _____

MORE ROOM

THE MIND IS BODY TOO.

THE SELF-CHECK

Write both below, honestly, for nobody's eyes but yours. Then take one action this week. The walk and talk with a real friend, or the honest conversation with her. And if it has been gray for longer than a season, or if you are not sure, book a doctor or a therapist. That is the whole action. Making the call is the strong version, not the fallback.

THE WEATHER IN THERE LATELY

WHAT I'M CARRYING, AND WHO I'VE TOLD

MORE ROOM

THE FIVE-YEAR BODY PLAN.

THE FIVE-YEAR PLAN

Write the three keystones below. The movement floor, ten daily minutes held for years. The sleep window. The annual physical, booked forward automatically. Then the review, which is the functional test re-run every birthday. Heading and time. That is the recipe for every impressive thing you have ever seen.

THE KEYSTONE I'M HOLDING

- 1 _____
- 2 _____
- 3 _____

MORE ROOM

THE BODY CLAUSE.

THE BODY CLAUSE

The body is the machine everything runs on and it is maintained now. Ten minutes daily, seven hours nightly, water before coffee, the numbers known and targeted. I train for the job and I am strong enough to be gentle. Read it out loud, name both lines below, then sign it.

THE HABIT THAT ALREADY HOLDS

THE ONE I KEEP DROPPING

SIGNED

DATE

MORE ROOM

GATE 08:

THE BODY.

THE GATE

Name both below, then sign it. Month eight is closed when your name is on it. Then rack the phone in the kitchen on your way to bed. The room is yours again.

WHAT MY BODY DOES NOW THAT IT DIDN'T

WHAT I'M CARRYING INTO MONTH NINE

SIGNED

DATE

MORE ROOM

DAYS 244 - 273

MONTH 09

DISCIPLINE + WARMTH

Firm and warm at once is the hardest balance in the job, and boundaries are love with a spine. Thirty days on the house where the rules hold and nobody braces. A kid can only relax inside walls that do not move.

BOUNDARIES ARE LOVE WITH A SPINE.

THE CONSTITUTION

Write your house's five real rules below. Not the forty micro-rules nobody tracks. The five that define this family, at kid altitude. We don't hurt people. We tell the truth. Everything else is negotiable. These are not.

THE RULE, IN PLAIN WORDS

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

MORE ROOM

CONSEQUENCES: CONNECTED AND CALM.

THE CONSEQUENCE MENU

Write your three most recurring infractions below and map each to a connected, proportionate, enforceable consequence. Agree it with her. Then deliver it, when needed, with arithmetic calm. You hit, you sit out, that's the rule we all know. The menu does the thinking so you never invent at peak fury.

THE INFRACTION	THE CONNECTED CONSEQUENCE

MORE ROOM

THE DISCIPLINE CLAUSE.

THE DISCIPLINE CLAUSE

Boundaries are love with a spine and mine hold. One ask, one warning, one calm follow-through. I discipline the behavior and love the kid, corrections go private, and every consequence ends in a warm reconnect. I live under the law I enforce. Read it out loud, name both lines below, then sign it.

THE RULE THAT NOW HOLDS ITSELF

THE ONE I STILL LET SLIDE

SIGNED

DATE

MORE ROOM

GATE 09: DISCIPLINE AND WARMTH.

THE GATE

Name both below, then sign it. Month nine is closed when your name is on it. Then go catch somebody being good on the way to bed.

WHERE THE HOUSE LEANS NOW

WHAT I'M CARRYING INTO MONTH TEN

SIGNED

DATE

MORE ROOM

DAYS 274 - 304

MONTH 10

THE TEEN CODES

The pull-back years arrive on schedule, and whether you are living them now or banking this for later, fourteen finds either an ally or a bouncer. Thirty-one days on staying close to someone whose whole job right now is to push you away.

THE PULL-BACK YEARS ARE COMING. GOOD.

THE HONEST PREVIEW

Write both lists below. What you dread about the teen years, the silence and the phone and the eye-rolls. And what you hope for, the real talks and the adult friendship forming. This month builds toward the second list.

WHAT I DREAD

WHAT I'M HOPING FOR

MORE ROOM

DAY 300: THE LONG-GAME LOG.

THE LONG-GAME LOG

Write two things now built that will survive adolescence, and two that still need welding before the storm. Honestly. There are sixty-five days left to weld them, and the kids are watching the long game too. They always were.

BUILT, AND IT WILL HOLD

STILL NEEDS WELDING

MORE ROOM

THE TEEN CODES.

THE TEEN CODES

The pull-back years find me ready. Available without hovering, unshockable, shove-proof. The five hold like bedrock and everything else negotiates. The amnesty is unconditional, the probes get small answers, and the door stays open through all the silence. Read it out loud, name both lines below, then sign it.

THE CODE I'M ALREADY GOOD AT

THE ONE I'LL FIND HARDEST

SIGNED

DATE

MORE ROOM

GATE 10: THE TEEN CODES.

THE GATE

Name both below, then sign it. Month ten is closed when your name is on it. Then leave the kitchen light on tonight. It is policy now.

WHAT THEY BRING ME NOW

WHAT I'M CARRYING INTO MONTH ELEVEN

SIGNED

DATE

MORE ROOM

DAYS 305 - 334

MONTH 11

LEGACY DOCS

Everything you built this year should outlast you, and everything unrecorded has a half-life. Thirty days on the letters, the recordings, the traditions with names, and the boring file nobody wants to write. Not morbid. The exact opposite of morbid.

WHAT SURVIVES YOU IS WHAT YOU WROTE DOWN.

THE SURVIVAL LIST

Write five things below that you want to still exist in fifty years. The stories, the values, the recordings, the letters, the bench you will build. This month makes each one real, and by the gate the half-lives stop.

WHAT SHOULD STILL EXIST IN FIFTY YEARS

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

MORE ROOM

LIVE LIKE THE STORY THEY'LL TELL.

THE THREE SENTENCES

Write the eulogy you are earning below. Honestly and ambitiously. He showed up. He was safe and he was fun. He loved our mother out loud. Then run the compass check. Which behavior least matches the draft? Adjust one thing this week toward the text.

THE SENTENCE I'M EARNING

1 _____

2 _____

3 _____

MORE ROOM

THE LEGACY CLAUSE.

THE LEGACY CLAUSE

What survives me is what I wrote down, so I wrote it down. The stories, the recipes, the letters, the file, the blessing said to living ears. The traditions got a registry and the why sits on top of the folder. Legacy is deliberate in this house now. Read it out loud, name both lines below, then sign it.

WHAT'S ALREADY IN THE FOLDER

WHAT I STILL OWE IT

SIGNED

DATE

MORE ROOM

GATE 11:

LEGACY DOCS.

THE GATE

Name both below, then sign it. Month eleven is closed when your name is on it. Then go listen to one of the recordings tonight. That is why you made them.

THE ONE THAT MATTERS MOST

WHAT I'M CARRYING INTO THE LAST MONTH

SIGNED

DATE

MORE ROOM

DAYS 335 - 365

MONTH 12

THE FATHER THEY'LL BRAG ABOUT

A year of showing up becomes a lifetime of it, but only if it gets welded. Thirty-one days on making the systems permanent, finishing the letters, and proofing the whole thing against the worst quarter of next year. The last page belongs to the kids.

THE WELDING MONTH.

THE KEEPER INVENTORY

Write the rituals below that actually run. The dock, the send-off, games night, sunrise club, the payday circuit, whatever your real list turned out to be. Write them proud. This is the alloy, and everything this month welds from it.

THE RITUAL THAT ACTUALLY RUNS

- 1

- 2

- 3

- 4

MORE ROOM

THE EXIT INTERVIEWS.

ASK THE BOARD.

THE EXIT INTERVIEWS

Ask two questions this week, one kid at a time, sideways venue. What's different about me this year, and what should I keep doing forever. Receive the answers with no defending, just thank you. Then write them below, verbatim. Their words become next year's spec sheet.

WHAT'S DIFFERENT ABOUT ME

WHAT I SHOULD KEEP FOREVER

MORE ROOM

THE DAD LAWS.

THE DAD LAWS

Write five below, command form, one line each, pulled from whatever hit hardest. The dock, the amnesty, the volume ceiling, the six-second kiss, the floor. Then the weld. Copy them to a wallet card or a lock screen and read them monthly, forever. The constitution travels with the man.

THE LAW, IN COMMAND FORM

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

MORE ROOM

THE HARDEST-WON WINS.

THE LOAD-BEARING FIVE

Write the year's five hardest-won changes below, named specifically and honestly. What it was, and roughly when it turned. Read it twice. Once with pride, once knowing every item stays won only while it is defended.

THE CHANGE THAT FOUGHT BACK

1

2

3

4

5

MORE ROOM

THE LIFETIME CLAUSE.

THE LIFETIME CLAUSE

This was never a program. This is who I am now. The dad at the dock, the calm in the morning, the chair that is never empty, the first teacher, the consultant they will call. The floor runs daily for life. Read it out loud, name both lines below, then sign it.

WHO I WAS ON DAY ONE

WHO SIGNS THIS PAGE

SIGNED

DATE

MORE ROOM

THE FRIDGE PAGE.

HEY KIDS! ONE LAST JOB.

Draw your whole family doing your favorite thing together. Everyone in the picture, even the pets. Take your time. This one is going on the fridge.

DRAW US:

ARTISTS:

THE STORY ARCHIVE

Day 306. The ten family stories that must not die, yours and hers and the grandparents'. Titled like episodes, so they can be asked for by name.

THE STORY, TITLED

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

MORE ROOM

THE TRADITION REGISTRY

Day 312. Every living ritual, written as an entry. The name, when it runs, how it goes, one line on why it exists.
Ten minutes of writing makes every ritual inheritable.

THE RITUAL, AND HOW IT RUNS

1	
2	
3	
4	
5	
6	
7	
8	
9	

MORE ROOM

THE TEACH-LIST

Day 318. Everything you intend to hand down before the launch. Practical, social, internal. Tick each one off per kid as it transfers.

THE SKILL, AND WHO HAS IT YET

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	

THE COMEBACK FILE

Day 326. Two family comebacks, told straight. What hit, how bad it was, what the family did, where it stands now. Titled like the episodes they are.

THE COMEBACK, TITLED

1	
2	
3	
4	
5	
6	
7	
8	
9	

MORE ROOM

THE YEAR IN REVIEW

Day 341. Everyone's favorite moment from the year, in their own words. Name beside each one.

WHO, AND THEIR MOMENT

- 1

- 2

- 3

- 4

- 5

- 6

- 7

- 8

- 9

MORE ROOM

NEXT YEAR'S EDGES

Day 351. One growth edge per kid for the year ahead, and the watering plan. Not a fix-list. A watch-and-water list.

THE KID, THE EDGE, THE PLAN

1	
2	
3	
4	
5	
6	
7	
8	

MORE ROOM

THAT'S THE WHOLE JOURNAL.

KEEP IT. THE PAGES YOU FILLED IN ARE THE RECORD OF THE YEAR,
AND THEY ARE WORTH MORE THAN THE BOOK THEY CAME FROM.

EVERY TITLE AND EVERY FREE COMPANION JOURNAL:

JOSHUABROGLEY.COM