

Daily Dad

A DAILY DOSE OF DADDY

HONESTY

Ages 13–21

DOSE 3 OF 365

How do you feel today? Circle yours · Dad ★ yours

If it's not true, don't say it.

Dad goes first, then you (one true story each, out loud or on paper)

Dad: a truth I was slow to tell

What happened _____

What I was afraid of _____

What waiting cost _____

What I learned _____

Me: a truth I put off

What happened _____

What I was afraid of _____

What waiting cost _____

What I learned _____

Did you know? Marcus Aurelius was a Roman emperor. He wrote this line in a private notebook to himself, not for anyone else to read.

Role-play: gray areas (act it out, then write the honest move)

A friend asks you to cover for them with their parents.

Honest move: _____

A cashier hands you $10 too much in change.

Honest move: _____

A teammate asks why they got benched. You know why.

Honest move: _____

You posted something you regret. Someone asks if it was you.

Honest move: _____

LET'S TALK: When is honesty hardest for you?

1. **Dad goes first.** Be real: "Saying no to a friend's favor."
2. **Kid goes second.** Share yours, then one way to say it kindly.

DAD JOKE OF THE DAY

Why did the bike fall over?

It was two-tired!

Kid(s): _____ Dad: _____ Date: _____

Wise Words: *"If it is not right, do not do it: if it is not true, do not say it."* — Marcus Aurelius