

Daily Dad

A DAILY DOSE OF DADDY

COURAGE

Ages 13–21

DOSE 4 OF 365

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



Hard things show who you are.

Dad reads the start (then write two endings)

Story time: Alex has been putting off a hard talk: telling a close friend that a joke they keep making really hurts. Tonight Alex is sitting outside the friend's house. Heart pounding, Alex opens the chat, types, deletes, types again...

Ending A: Alex plays it safe

What Alex does _____

What happens next _____

A week later _____

Ending B: Alex is brave

What Alex does _____

What happens next _____

A week later _____

Did you know? Epictetus, who said the Wise Words below, was born enslaved. He became one of the best-known teachers in the Roman world.

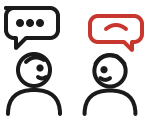
My next chapter

A hard thing I'm putting off _____

The brave next step _____

When I'll do it _____

Who has my back _____



LET'S TALK: What's a brave step you've been putting off?

1. **Dad goes first.** Be real: "A hard talk I kept avoiding at work."
2. **Kid goes second.** Share yours. Dad asks, "How can I back you up?"

DAD JOKE OF THE DAY



I'm reading a book about anti-gravity.

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

Wise Words: *"It is difficulties that show what men are."* — Epictetus