

Daily Dad

A DAILY DOSE OF DADDY

PATIENCE

Ages 13–21

DOSE 6 OF 365

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

Nothing great happens all at once.

Mini science: grow a bean (set it up in 10 minutes; log it for a week)

Wet a paper towel → **Slide it in a zip bag** → **Tuck in a dry bean** → **Tape it to a sunny window**

Epictetus' example: Even a fig takes time. The tree blossoms first, then puts out fruit, and then the fruit ripens.

Bean log

When	What I see	Change
Today		
In 2 days		
In 4 days		
In a week		

Long-game planner

I want it fast: _____

Why it takes time: _____

Step this week: _____

Sign it's growing: _____

LET'S TALK: What goal are you tempted to rush?

1. **Dad goes first.** Be real: "Getting in shape. I want it by Friday."
2. **Kid goes second.** Share yours and one patient step.

DAD JOKE OF THE DAY

How's the new restaurant on the moon? Great food, no atmosphere.

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

Wise Words: *"Nothing great comes into being all at once"* — Epictetus