



**NAME:** \_\_\_\_\_

**WEEK OF:** \_\_\_\_\_

My main reason/motivator for completing the action items on my checklist is . . .

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Another reason(s)/motivator(s) for completing the action items is/are . . .

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### **Include checklist items (actions) that:**

- Are clear, specific, and—except for those that will only occur one time—which you can repeat as often as possible.
  - Focus mostly on daily and weekly actions. The more often you take actions, the easier I'll find it to be a 24:7 Dad.
  - Are realistic, given your situation, and as easy to do as possible. Set yourself up for success not failure.

## Examples of Checklist Items as “When/If” Statements

- When it's Monday, I'll take Steven to the park.
  - When it's Friday at 5:00 PM, Latesha and I will talk for at least 30 minutes about her week.
  - If my boss will give me Wednesday off, I'll attend Vanessa's school program at 10:00 AM.
  - If it's the weekend, I'll take Julian and his mom to the movies.