

Seven Goals as a New Stay at Home Dad (SAHD)

Description

Today marks the end of my office dwelling days and the beginning of my house dwelling daddy days. I'm excited, scared, nervous, happy, relieved, worried, and anxious all at the same time. One thing's for sure, I have zero regrets and am ready to be the best dad (and husband) I can be!

1) Figure out a good routine. First thing's first, and this is a big one! Avery needs to be on a routine as well as I do for sanity purposes. Kelley has done a great job at setting the ground work, now I need to maintain and improve as needed.



I hope to see this more than the other expression's.

2) Keep a (somewhat) clean house so Kelley doesn't have to worry about it when home.

3) Cook good food. I've already been doing this for years, but that was as a non-dad, so it could be a little more challenging. Either way, I want to make sure Kelley has a good, healthy meal to take to work and when she comes home. At first it might be my infamous one-pot meals where it's just a lot of veggies and a protein source thrown together, but that will improve. I hope.



The way I like it.

4) Post to the blog at least twice a week. This fits in with goal number 1 and hopefully will be part of the routine. I suspect I'll be writing while wearing Avery's and she's asleep.

5) Take a lot of pictures and video. I have confidence in the fact that you can only have too little and never too much on (digital) film.

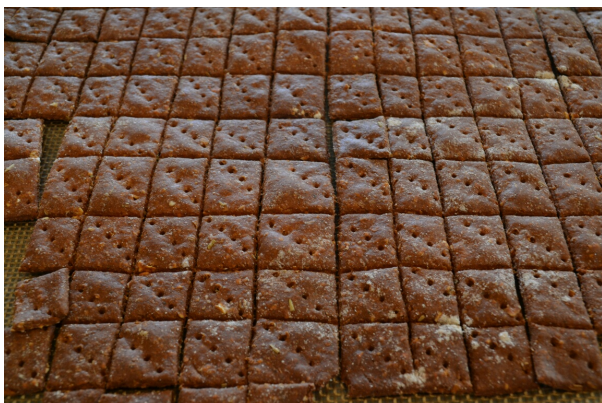
6) Find time to work out during the day. This is a big one. I heavily depend on getting some form of exercise most days of the week. I used to just run long distance for exercise, but now I focus more on strength training. We have a fairly good setup with a squat power rack, bench, and Olympic weight set in our garage, so I just need Avery's permission.



Just one set, please?

7) Make our own snacks. I used to do this often in the past, and hope to find time to do it again. A favorite around here are my [homemade salsa goat cheese crackers](#) and they keep Kelley a happy wife. And you know what they say about happy wives! They usually smile.

That's not being overly ambitious, is it? Okay, probably, but I need to have something to work towards, and these goals will do just that!



Ready to eat. I might get one if Iâ€™m quick enough.

So, without further ado, here I go!!!!

Do you ever try to do too much in too little time? Iâ€™m expert at biting off more than I can chew, but hopefully my mouth has grown since becoming a father.

Date Created
2014/01/28

default watermark