

I Didn't Have To Write This

Description

Nope, not a single word or post is something I ever have to or had to do. Even when blogging for a campaign, the ultimate decision is always in my hands. Literally.

I recently signed up for and was accepted to participate in a paid campaign that I ended up turning down. I won't go into details since I have full respect with the entities working with the brand, but if I were to take part, it would've taken a huge bite out of my integrity.

I politely declined the offer I selfishly signed up, apologizing for wasting time, and luckily there were no hard feelings, but I still felt bad for even putting myself out there in the first place. It was related to food, something I obviously have [strong feelings about](#), and required me to buy some products. Anyway, nothing about it lined up with what I preach on nutrition, so I am just thankful there are no hard feelings.

But this made me think back to my original intention of even blogging in the first place. When I started, and even in my [About](#) page, I state how this blog is to detail my journey as a stay-at-home dad to Avery. I also mentioned that I'll post on various topics related to healthy and fitness, which I have and do.

Along the way, I've been honored to have the opportunity for several great product reviews and become ambassador for a healthy food company, [NuttZo](#), and awesome made-in-the USA minimal shoes, [Soft Star Shoes](#). The products I reviewed and the companies I promote should all reflect my true beliefs, and so far they have. Now I just need to keep it that way!

There are times when I feel lost without a direction on where to go, in life and just in terms of blogging, but only because I over think [everything](#). I stress about what I should make my hard-working wife for dinner each day even though she's completely happy with black beans, sweet potato and steamed veggies...and goat cheese of course. And then I get worked up on if I should use a freakin' plate or bowl. C'mon, really, R.C.?!

Luckily, I have many friends in the blog-o-sphere that can relate and we are able to support each other as well as love from my friends and family around me. Especially my wife who is always supportive and helps keep me in check.

I'm always thinking when going on one of my several daily walks and I try to figure out just what direction to take the blog and future self. But that's dumb. I have the most adorable little girl with me every day that I get to hang out with and raise to be a strong, healthy person who loves her Mommy and Daddy. That's my #1 thing; period.

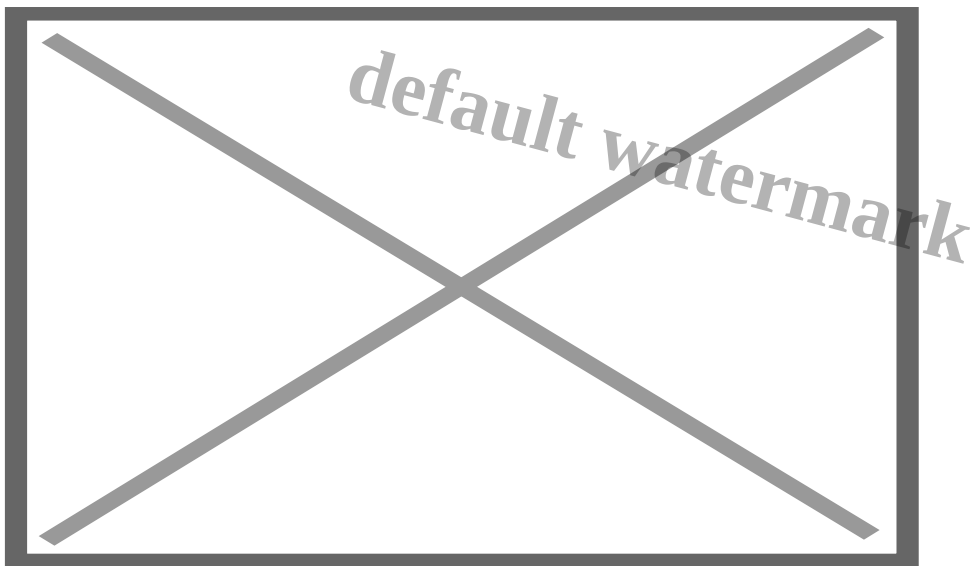
Blogging is and always will be a part of me, though, so it's time to find a better way to keep true to my roots and not become a slave to what should be my solace.

I will still blog to my heartâ€™s content on my views of health, fitness, and everything between, but want to try to keep it about the daily happenings here at home. I bring Avery to workout with me in the garage almost every day, and want to share that since each time should be cherished.

This *blog* is meant to be something I can look back on with my family and say â€œOh yeah, I remember when we used to do that.â€• and smile. But no more treating this blog like a job I *have* to go to, thatâ€™s dumb.

There will always be a question of what I should write about, that goes with the territory, but at least I know to keep it simple and just write about life. So, to those reading, thank you, I hope you continue to enjoy the content I churn out and know that itâ€™s my true feelings, campaign or not, all the time.

Iâ€™ll still participate in campaigns because we could all use a little extra cash and I have a dream car to save up for.



Kidding, Iâ€™ll have to win the lotto or find a high-paying job before I get another car. Since I donâ€™t play the lotto and enjoy being an at-home dad too much, guess it will have to wait. Itâ€™s nice to look at though.

But then again, this is worldâ€™s better!



Look, sheâ€™s already wanting to help me bake something! Add my beautiful wife in the picture and thatâ€™s really all I need.



Again, thanks to all who read and hope you have a great week. See you soon to talk about what recently happened in the “Going” household. Hey, my butt is almost better! Cool, huh?

Do you ever get too wound up worrying over things that you should never fret about?

How do you manage stress? Or do you?

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