Goal Check-in as a SAHD and Seven More

Description

It was only 4 months ago when left the work world and officially became a stay-at-home dad! It feels like longer but also like time has flown by, if that makes any sense.

So far, our new life is much better than before, and Iâ€™m enjoying it more each day. Avery didnâ€™t do much the first few months, but sheâ€™s beginning to be quite lively and responsive. I have no clue what her coos and pterodactyl-like screeches mean, but they keep me company way more than her silent newborn days!

The day I started this life, I posted seven goals as a new stay-at-home dad and today Iâ€™m going to see how Iâ€™ve done so far and list seven more goals.

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My previous 7 goals:

1. Figure out a good routine. *This was a major concern for me as a new parent and SAHD, but it ended up going pretty well. I was able to enjoy Avery taking a 3 hour morning nap most days and then another one in the early afternoon. Her eating from the bottle was hit or miss (yo-yo dieting), but Iâ€™ve been consistently taking her on walks each day and enjoying quality time with her.*
2. Keep a (somewhat) clean house. *I donâ€™t do as thorough of a job as Going Mom, but I vacuum daily and the house is never a pure messâ€¦yet.*
3. Cook good food. *Iâ€™ve been able to make a few dishes for Kelley that arenâ€™t just thrown together and she usually approves. Sometimes Iâ€™ll add too much or too little of something, but sheâ€™s always grateful and gives me â€œconstructiveâ€• feedback. I enjoy being able to have a healthy meal for Kelley to bring to work as well as breakfast and dinner, and so far so good.*
4. Post to the blog at least twice a week. *Iâ€™ve been really good at posting daily so far, so Iâ€™m happy to go above and beyond this goal!*
5. Take a lot of pictures and video. *Ha, â€œa lotâ€• is one way to describe it, but more like â€œtake up half of my hard driveâ€• is a better description. How do you NOT take pictures of your beautiful baby? Goal met x infinity!*
6. Find time to work out during the day. *I worried about this one, a lot, but with her 3 hour naps I could easily fit in a workout for the first several weeks. Then, she started taking longer to get tired, so now I take her with me to workout. Sometimes itâ€™s inside with a video (my last preference), outside in the garage for lifting, or running in the B.O.B. All in all, she usually does great and seems to enjoy watching her daddy jump around and look goofy. Phew!*
7. Make our own snacks. *Doing good here. I made several batches of goat cheese crackers for Kelley, including a special Motherâ€™s Day batch, and have been making plenty of different variations of my protein granola.*

Can never get enough of this!

So far so good with those 7 goals, and will keep working on them as I continue my at-home dad life. I have no regrets on making the decision to stay at home and raise our beautiful daughter and I am just a happier person overall. Even better is that since Iâ€™m happier, Going Mom is happier and we have a healthier life as a result. Happiness rules!

As time goes by, things change, my goals included, so I have 7 new ones to share and strive to attainâ€¦

1. Teach Avery about healthy eating and how it is enjoyable. Now that sheâ€™s starting to eat solids with our baby-led weaning approach, I am standing strong on only offering vegetables for now. As she becomes more comfortable with carrots and broccoli, weâ€™ll offer fruits like banana and mango. For now, the next step might be a less sweet fruit like avocado; this will be a fun one to clean up after!

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Catching on quickly!!

2. Have better time management. Iâ€™ve been getting seriously into blogging and find that I have the â€œneedâ€• to create daily posts. I know the world wonâ€™t end if I skip a day or two, but itâ€™s how my mind works. My priority should be and always is my family, I just need to remind myself of this sometimes. I enjoy writing posts and sharing stories/thoughts, but I just have to get better at when I do this.

She did great for my first time instructing
our neighbors on a workout

If blogging wasnâ€™t enough, Iâ€™m now starting to have a group meet in my neighborhood where I will instruct workout sessions. Iâ€™m not certified and donâ€™t charge for it, but this is something I want to do when Avery gets older. I love our neighborhood and enjoy helping those who care, so hopefully I can manage this as well.

3. Stress Less!! This one obviously ties into time management, but itâ€™s something I do way too often. When I was working, my stress affected me so bad it took a toll on my health and was one of the reasons we struggled to have a baby. Needless to say, stress is a dangerous thing that affects brain, body, and those around you.

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This picture means more than
words can describe and my
stress made us wait too long!

I feel it creep up on my when Iâ€™m trying to take on too much like write a post, prepare meals, clean bottles from the day, workout, and clean house all at once. Youâ€™d think as someone who stays at home this is easy, but I find a way to make it difficult. Either way, I need to reign in on the stress and kick it to the curb!

4. Say â€œI love youâ€• at least once a day. To Avery, to my wife, and to family, these three words are more powerful than you can imagine. I hope I am doing good on this one already, but Iâ€™m making it a goal to ensure I donâ€™t let up. This is something I think everyone should heed; go say â€œI love you.â€• to your family and watch the smile on their faces.

5. Keep â€œgoingâ€• with my blog. I couldnâ€™t help myself, sorry. Yes, my blog has become a part of me and as a proud dad, I want to let the world know. Iâ€™ve been fortunate to connect with many other dad bloggers and Iâ€™m even taking part of a couple of campaigns for Fatherâ€™s Day (coming soon).

I want to upgrade to a self-hosted blog soon, but need to make sure I have the financial means to do so. I love the community I am a part of and thank everyone reading for doing so!

6. Make healthy cupcakes. Sounds weird, but this task has been assigned to me by my wife. I need to create a recipe to make delicious and healthy cupcakes by the time Averyâ€™s first birthday rolls around.

Nope, wonâ€™t make these againâ€¦

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I refuse to offer cake made from refined white flour and am on a mission to impress! Cupcakes are a lot easier to manage and then Avery wonâ€™t have to smash a whole cake. Any thoughts/recipes you care to share?

7. Have a positive influence on my daughter. The importance of the father-daughter relationship is tremendously important, and I am adamant about being the best dad to Avery. By showing how a real man treats women with respect and always offering positive words, I will help set Avery to have great self-esteem and confidence. I hope it also helps in her choice of boys when that time comes. But lets not get too far aheadâ€¦

Playtime with dad is more important than youâ€™d think!!

There we go, I have my work cut out for me, but thatâ€™s okay since I enjoy a good challenge. Right now, I think the hardest one will be perfecting a healthy cupcake recipe. What some think as healthy, may not be the same view I have as I can get pretty picky. Actually, I feel bad about using any flour because itâ€™s obviously somewhat processed to get to that form. But, I will overcome this hurdle and find something!

Love our family!!

Avery puts a smile on my face every day and I canâ€™t say enough how much I am loving our way of life now! I love my wife and our daughter, and I hope to continue to put my best into this blog and most importantly, being the best dad and husband I can be!

How do you think Iâ€™m doing so far?

Do you set goals for yourself?

Any good cupcake recipes you care to share?

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