

THE PRESENT DAD PROJECT

SEVEN DAYS. SEVEN DECISIONS.

# THE 7-DAY PRESENT DAD CHALLENGE

A practical reset for fathers who want to  
listen better, lead with intention, and show up.

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**TM MOORE**

AUTHOR | SPEAKER | FOUNDER

WE LEAD. WE TEACH. WE BUILD.

BEFORE YOU BEGIN

# PRESENCE IS A PRACTICE.

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This challenge is not about becoming a perfect father in seven days. That is impossible, and your children are not asking for it. They are asking for your attention, your honesty, your consistency, and your willingness to keep growing.

For the next seven days, complete one focused action. Keep it simple. Put the phone down. Have the conversation. Write the reflection. If you miss a day, do not quit. Continue.

## THE STANDARD

**You do not have to be perfect. You have to be present.**

Write the name or names of the child or children you are showing up for:

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What do you want them to feel more often when they are with you?

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Sign your commitment:

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# GIVE UNDIVIDED ATTENTION

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Attention is one of the clearest ways a child experiences love. Being in the same room is not the same as being emotionally available.

## TODAY'S ACTION

Choose fifteen uninterrupted minutes with your child today. Put the phone away. Turn off the television. Let your child choose what you do or discuss. Your only job is to be fully there.

## START THE CONVERSATION

**What is something you wish we did together more often?**

## REFLECT

What competed for my attention today? What changed when I removed that distraction?

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Presence becomes believable when it is repeated.

# LISTEN WITHOUT FIXING

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Fathers often rush toward solutions. Sometimes your child needs wisdom. Sometimes they need to know their feelings are safe with you.

## TODAY'S ACTION

Ask your child about something that has been exciting, difficult, or confusing. Do not interrupt. Do not correct. Do not offer a solution unless they ask. Repeat back what you heard.

## START THE CONVERSATION

**Do you want me to help you solve this, or would you rather I just listen?**

## REFLECT

When did I feel the urge to interrupt or fix? What did I learn by waiting?

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Listening is not passive. It is how trust is built.

# SHARE THE LOAD

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Fatherhood is not helping from the sidelines. It is noticing what the family needs and taking responsibility without waiting for instructions.

## TODAY'S ACTION

Handle one household or parenting responsibility that usually falls to someone else. Complete it fully. Do not announce it. Do not ask for applause.

## START THE CONVERSATION

**What is one thing I can take responsibility for more consistently?**

## REFLECT

What work around the home or family have I failed to notice? What will I own going forward?

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Leadership begins where entitlement ends.

# LEAD BY EXAMPLE

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Children remember what we repeatedly demonstrate. Your habits teach even when your mouth is closed.

## TODAY'S ACTION

Choose one standard you regularly expect from your child - patience, respect, honesty, discipline, or kindness. Demonstrate it deliberately today, especially when it is inconvenient.

## START THE CONVERSATION

**What is one quality you see me working to improve?**

## REFLECT

Did my behavior match the standard I expect from my child? Where was the gap?

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Your example will always speak louder than your instructions.

# REPAIR WHAT NEEDS REPAIR

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An apology does not weaken a father. It teaches accountability, humility, and emotional safety.

## TODAY'S ACTION

Think of a recent moment when you were impatient, distracted, dismissive, or wrong. Apologize without excuses. Name what you did, acknowledge its impact, and explain what you will do differently.

## START THE CONVERSATION

I was wrong when I \_\_\_\_\_. I am sorry. How did that make you feel?

## REFLECT

What made the apology difficult? What did I teach by taking responsibility?

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Repair is not erasing the mistake. It is rebuilding trust after it.

# CREATE A MEMORY

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Meaningful memories do not require expensive trips. Children often remember the ordinary moments in which they felt chosen.

## TODAY'S ACTION

Create one simple shared experience today: cook together, take a walk, play a game, make a playlist, look through old photographs, or invent a new family tradition.

## START THE CONVERSATION

**If we could make one ordinary day feel special, what would we do?**

## REFLECT

What made this moment meaningful? How can I make connection part of our normal rhythm?

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The goal is not a perfect photograph. The goal is a real connection.

# BUILD THE FAMILY STANDARD

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One good week matters. A family culture is built when good intentions become repeatable standards.

## TODAY'S ACTION

Bring the family together for a ten-minute conversation. Choose three standards that describe how you want to treat one another. Write them down and place them somewhere visible.

## START THE CONVERSATION

**What three words should describe how our family treats one another?**

## REFLECT

Which action from this challenge will I continue every week? What specific day and time will I protect for it?

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A legacy is not only what you leave behind. It is what you build into them.

KEEP SHOWING UP

# THE CHALLENGE ENDS. THE STANDARD DOES NOT.

Review your seven days. Circle the action that created the most connection. Choose one practice to repeat weekly and one conversation to revisit monthly.

| DAY | PRACTICE                  | DONE |
|-----|---------------------------|------|
| 01  | Give undivided attention  |      |
| 02  | Listen without fixing     |      |
| 03  | Share the load            |      |
| 04  | Lead by example           |      |
| 05  | Repair what needs repair  |      |
| 06  | Create a memory           |      |
| 07  | Build the family standard |      |

## MY WEEKLY COMMITMENT

Every \_\_\_\_\_ at \_\_\_\_\_, I will  
\_\_\_\_\_.

WE LEAD. WE TEACH. WE BUILD.

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