

LtD Challenge Checklist

30 Day

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ONE-TIME ACTIVITY

- GO OUTSIDE AND PLAY WITH YOUR KIDS IN THE RAIN
- GET YOUR HOUSE IN ORDER:
 - A. SPEAK TO AN ATTORNEY ABOUT WILLS, TRUSTS, ETC.
 - B. SPEAK TO AN INSURANCE AGENT ABOUT LIFE & DISABILITY INURANCE
- HAVE A "DATE NIGHT" WITH YOU AND YOUR CHILD(REN), ONE AT A TIME, LET THEM CHOOSE. PERHAPS YOU PICK THEM UP FROM SCHOOL EARLY TO DO THIS!
- HAVE A FAMILY MEETING & DISCUSS OPENLY, WITH THE UNDERSTANDING THAT THE CONVERSATION IS PRIVATE & FOR FAMILY ONLY: A. FAMILY FINANCES & B. KID'S FINANCES
- BRING YOUR CHILD(REN) ALONG TO PARTICIPATE IN YOUR HOBBY. IT COULD BE SWIMMING, GARDENING, FISHING, RUNNING, ART, ANYTHING! BRING YOUR KID(S) AND SHOW THEM YOUR PASSION. BE PATIENT.
- COMPLETE A PUZZLE AS A FAMILY
- SPEND ONE EVENING/NIGHT CAMPING OUTSIDE
- DISCUSS A CHARITY, GROUP, OR PERSON THAT YOU CAN WORK TOGETHER TO SUPPORT. WHETHER IT'S GIVING BLOOD, VOLUNTEERING, DONATING HAIR, WRITING A CHECK, DONATING CANNED GOODS...FIND A WAY TO GIVE, WITH YOUR FAMILY.
- HAVE ONE MOVIE NIGHT. NO PHONES OR OTHER SCREENS.
- DO ONE THING AS A FAMILY NO ONE IN YOUR FAMILY HAS EVER DONE BEFORE.

WEEKLY ACTIVITIES

- COOK A MEAL AS A FAMILY
- CALL SOMEONE (NOT TEXT OR EMAIL) & CHECK IN/EXPRESS GRATITUDE FOR THEM
- RECORD A VIDEO OF YOURSELF TELLING YOUR CHILD(REN) THAT YOU LOVE THEM & SEND IT TO THEM
- ESTABLISH A GAME NIGHT FOR BOARD GAMES
- TURN OFF THE TV AND TURN ON MUSIC. PERHAPS A DANCE PARTY BREAKS OUT!
- SIT IN THE SAME ROOM, QUIETLY (NO SCREENS) FOR 10 MINS. READING A BOOK, PRAYING, MEDITATING, STRETCHING, OR JUST MAKING A GAME OF SILENCE.
- DISCUSS A SERIOUS DECISION YOU'RE ABOUT TO MAKE AND ASK FOR YOUR CHILD(REN)'S INPUT (WORK, FINANCES, CREDIT CARDS, VACATION)
- ENJOY A FAMILY WALK
- LOOK AT A MAP, PICK A LOCATION TO LEARN ABOUT IT TOGETHER. GOOGLE!
- DO SOMETHING NICE FOR MOM. PICK FLOWERS, MAKE A CARD, BREAKFAST IN BED, ETC.)

DAILY ACTIVITIES

- DRINK 1 GALLON OF WATER PER DAY - GOOD HABIT & GOOD HEALTH.
- EXERCISE IN FRONT OF YOUR KID(S) - WHETHER IT'S 10 AIR QUATS OR A CROSSFIT WOD
- COMPLIMENT YOUR PARTNER IN FRONT OF YOUR CHILD(REN)
- SELECT AND STICK TO A DIET PLAN
- READ A MINIMUM OF TWO PAGES PER DAY ABOUT PARENTING - BLOG POST, ARTICLE, CHAPTER IN A BOOK, ETC.
- TELL YOUR CHILD(REN) SOMETHING ABOUT LIFE YOU APPRECIATE AND ASK THEM TO SHARE THE SAME
- INTERVENE. THE SOUNDTRACK TO MOM'S LIFE CAN OFTEN SOUND LIKE: "MOM. MOM. MOOOOOM." TAKE IT UPON YOURSELF TO INTERVENE AT EVERY OPPORTUNITY. MOST OF THE TIME THEY DON'T NEED MOM, THEY JUST WANT AN ADULT.
- BE HONEST & PRECISE WITH YOUR LANGUAGE. IF YOU SAY "5 MINUTES" THEN MAKE SURE IT'S 5 MINUTES. DON'T LEAN ON "I TOLD YOU SO" OR "JUST BEACUSE" EXPLAIN HONESTLY.
- LOOK UP A JOKE AND TELL IT TO YOUR KIDS
- HUG EVERYONE IN YOUR HOUSEHOLD