

JUST DAD & ME

A FATHER - DAUGHTER JOURNAL

ONE • FAM

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This Journal Belongs to:

Date Journal Starts:

A Father's Perspective

“Certain is it that there is no kind of affection so purely angelic as of a father to a daughter. In love to our wives, there is desire; to our sons, ambition; but to our daughters there is something which there are no words to express”

~ Joseph Addison

The moment you were born, I knew that my life was forever changed. I immediately envisioned the day (hopefully not for many, many years) when a boy rings the doorbell and waits patiently to take you out on your first date. Sweaty palms, butterflies in his stomach...wait, is this the boy or me?!

Only the best for you my little girl! Not just any young punk, honking the horn of his fancy sports car in our driveway! No, he will greet me properly, shake my hand and show me that he deserves to be “allowed” to date you, my princess, my shining star.

Although I see this in my mind's eye and hope to be able to share this experience with you later on, I know that first we have many years of developing our relationship, growing together, and trusting one another. It will not be an easy road, but one dotted with ups and downs, good times and some bad, and of course, love and well, the opposite of it...

But, my goal and mission through all of your life is and will be to demonstrate to you that I am your first line of defense, your foundation and comforter. I want you to always think of me as your supporter when troubles arise instead of reaching out to the world for answers, suggestions and

guidance. I want to teach you to “Be the Driver of Your Car” rather than the passenger, to control your destiny and reach for the stars.

I know that my actions, how I approach life and my perspective will influence you and I want to provide you with an example and perspective on life so you can choose your own path and have a broader view of the world. I will show you integrity, honesty and admit my short-comings to help you feel confident and self-aware. As you move from my little girl through those complicated, scary teenage years, I want you to feel secure in that you can talk with me about anything going on in your life, no matter how large or small. I will not always be with you as you transition into your own life, but know that I am always available to you for that encouraging word, the hopeful smile and supportive shoulder to cry on.

As you go through your daily life, think of me as your sounding board, your clean slate, your judgement free zone. Write your thoughts, dreams and questions in this journal for us to share. I hope that you have grown to trust me and trust in me and my desire to always have the best for you. Whether we are communicating in writing or in person, I want you to be comfortable and confident in my guidance, in my desire to see you succeed and my awareness of your feelings and emotions.

I hope that I have shown you so far, a life full of possibilities, love and beauty. I see these things in you and look forward to sharing them with you through our experiences writing in this journal.

Journal Guidelines

First and foremost, the purpose of this shared journal is.....

HAVE FUN!!! Before we begin, let's set some guidelines for sharing.

- 1) This should be a memorable, fun and most importantly, stress free way of sharing. If you feel it is no longer FUN and you feel it's not of benefit, let's talk about it!
- 2) Be Yourself! I want you to share, laugh, be silly, serious, crazy, passionate or sad. Whatever makes you, YOU!
- 3) Judgement Free Zone. Consider this to be a safe place to share, ask, discuss, tell whatever it is that you are thinking or feeling. If you do not want to discuss it further, just make a little note that says "No Talk" somewhere on the page.
- 4) Who should be able to read it? If this is just between you and I, then let's leave it that way. No one else needs to read what we write.
- 5) How often should we write? This can be a spur of the moment or a routine.
- 6) Where? How will the other one know where to read the journal? Shall we pick a "reading" place where we will pick it up?
- 7) Does every entry require a response? Sometimes we may just want to vent, or share, without requiring a response. How should we let the other person know that there is no need to "say" anything?
- 8) Have fun!!! This one is so important that it just needed to be said again.

HAPPY WRITING!

*“To a father growing old,
nothing is dearer than a
daughter.”*

Euripides

*“No one in this world can
love a daughter
more than her father.”*

Michael Ratnadeepak

Father Details

Name:

Nickname:

Birthday:

Star Sign:

Eye Color:

Hair Color:

Height:

Date: _____

Father





10 Reasons I Love My Daughter

Father 

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Date: _____

10 Reasons I Love My Father

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Date: _____

Daughter



Drawing of Life in the Future

Draw a picture of the world in 100 years time.

Date: _____

Drawing of Life in the Future

Draw a picture of the world in 100 years time.

Date: _____

*“A daughter is a gift
of love.”*

Author Unknown

*“A daughter needs a dad
to be the standard against
which she will judge
all men.”*

Author Unknown



My Greatest Accomplishments

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My Greatest Accomplishments



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Daughter



Date: _____

Education

Details of my education:

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How I feel about my education:

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What I wish I had done differently:

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Things I would like to help you with:

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Date: _____

Father



Education

Why do you think education is important:

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How do you feel about your grades:

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What you can do to improve:

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Things you would like more help with:

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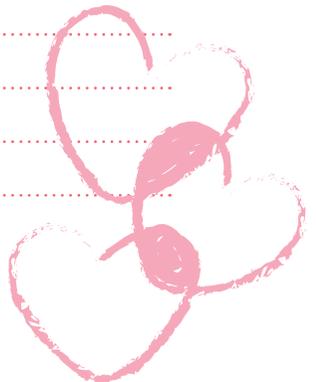
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Date: _____





Insert Photo

*A picture of your first day at
school or college.*



Date: _____



Insert Photo

*A picture of your first day at
school or college.*



Date: _____

Times You Made Me Proud

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