

JUST DAD & ME

A FATHER - SON JOURNAL

ONE · FAM

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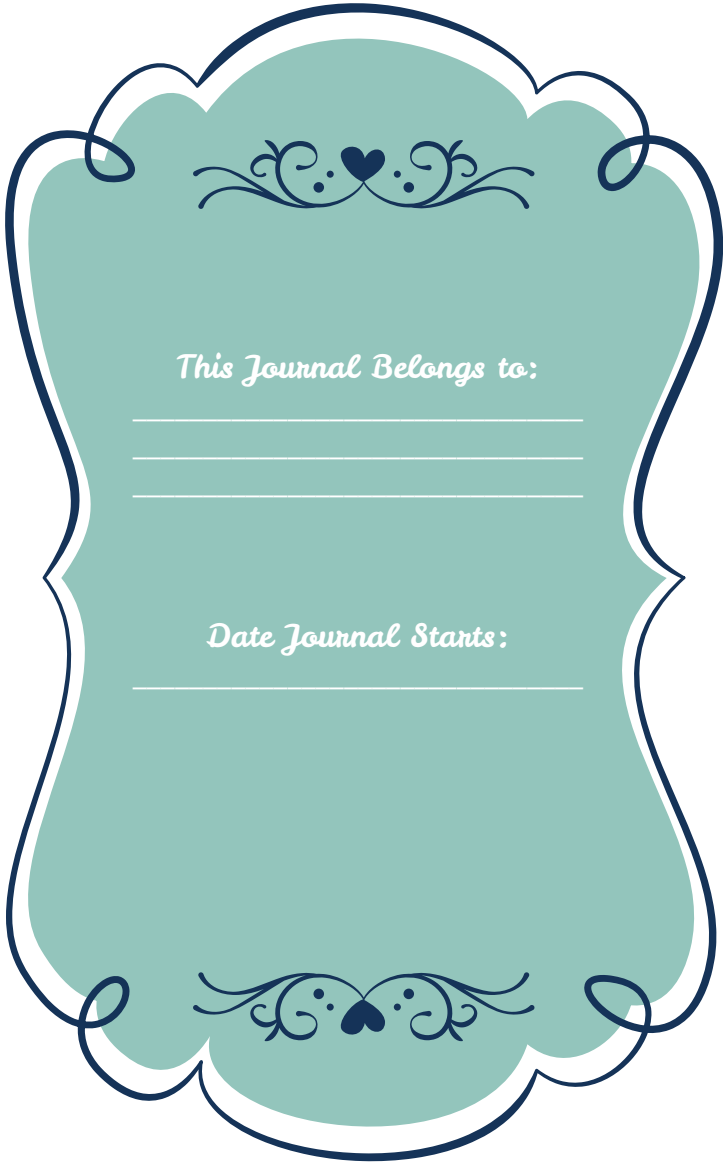
Your Family Story

Founded in 2016, OneFam is the easy way to discover, preserve and relive your family history anywhere anytime. OneFam aims to make family history available to as many families as possible. Our suite of products include Journals, Family Tree Software (web, mobile and desktop), Ancestry DNA Testing and Family History Research. Connect, share and protect your family history for generations to come.

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ONE  FAM

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This Journal Belongs to:

Date Journal Starts:

A Father's Perspective

Your mother used to tell me that I was too hard on you, too direct, too abrupt! I always have wanted you to look at me as your super hero, your protector, your one man go-to for all of your needs. Even though it may seem that I am hard on you, it is because I want what is best for you. I want you to be strong, and fierce and able to handle whatever comes your way. I want you to be compassionate and helpful, perceptive and thoughtful.

I want you to get from me all that I did not receive from my own dad. There are so many things that I wish he had taught me...how to love, how to accept love and how to nurture those that I care for most.

Sometimes it is harder for me to find the words to tell you how much I love you. Call it machismo, call it awkwardness, you can name it whatever it is you want. Yet, it doesn't change the immense feelings of love and pride that I have for you.

I try to be a role model to you, knowing that if you see a good man, I can only hope that you will become a good man too. With everything that I do, I always remember that you are watching. I realize that you will one day follow in my footsteps rather than listen to my advice.

I want to teach you to always believe in yourself as I believe in you. You are such an amazing young man and am proud to be called your father.

I expect that you are reading this now, laughing. Laughing at dad being mushy; hysterical that dad would want to write in

a journal; doubled over with laughter that your big, strong dad could possibly want to share his thoughts with you. But, the truth is, I have always wanted this...for us to share, to talk, to understand each other. I want to tell you about all the things in my life that made me who I am, including you. I want you to ask me all of the questions that you have been curious about yet too ashamed to ask.

I am sure that whatever you write in this journal, I will cry about. Yes, me! The dad who taught you to catch a football; the one who held you while they stitched your split lip; the one who gave you an “atta boy” when you went on your first date! I may not always cry like your mother or hug you like your sister, but I love you like no other.

I want this journal to be our go-to place; a safe place where you can tell me when you think I am wrong; a protected place where you feel free to share your thoughts, your emotions and your doubts. I look forward to hearing about your dreams, your aspirations and your questions.

As we move forward in this complicated world, I hope you will continue to look to me as your rock, your super hero, your super dad, using this journal as our connection to keep us moving forward...laughing and crying, together!

“When a father gives to his son, both laugh; when a son gives to his father, both cry”

~ William Shakespeare

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!

*“It is not flesh and
blood but the heart,
which makes us fathers
and sons.”*

Johann Schiller

*“Any man can be a
father but it takes
someone special to be a
dad.”*

Anne Geddes



Insert Photo

Picture of Dad



Date: _____



Insert Photo

Picture of Son



Date: _____

10 Reasons I Love My Son*



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5:

6:

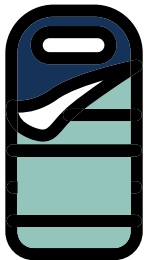
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Father



Date: _____

Times You Made Me Proud

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Father



Times You Made Me Proud

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How Do You Know I Love You

Draw/illustrate or write the things that show your love.

Date: _____

How Do You Know I Love You

Draw/illustrate or write the things that show your love.

Date: _____

Tell Me a Story

About:

Story:

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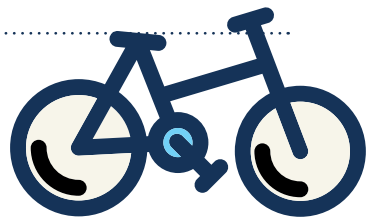
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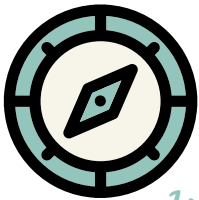
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My Biggest Regrets in Life

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What I have learned from my regrets:

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Date: _____

Father
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My Biggest Regrets in Life

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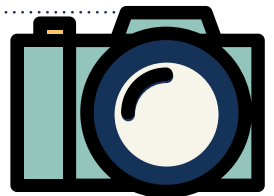
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What I have learned from my regrets:

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Date: _____





Insert Photo

*My Favorite Photo of
us together*



Date: _____



Insert Photo

*My Favorite Photo of
us together*



Date: _____

Father's Notes

Father



A series of horizontal dotted lines for writing notes, spanning the width of the page.

Date: _____

