



THE FIVE MISTAKES

NEW DADS MAKE



INTRODUCTION



Your world has just changed completely! Avoiding these 5 mistakes will help you be the best Dad you can be...

AND HELP YOU THRIVE IN ALL AREAS OF LIFE!

9 months ago you were having a great time socialising, playing sports and looking after yourself. You had time to be you.

You slept pretty well and felt in control.

Despite what some people might be telling you right now, that doesn't have to change.

We know 5 mistakes you should avoid as you embark on your new Dad journey.

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Humans are social beings,
and we are happier, and
better, when connected to
others.
Paul Bloom

The 3 reasons to avoid the mistake of stopping your social life when you become a new Dad are...

CONNECTION

Connection is the most important need for us all! After the new bub is born, it is now more important than ever to connect with like-minded people, that you enjoy to be around.

COMMUNITY

Connecting with a community that is there to support you and see you thrive is critical to all areas of our life.

COMMITMENT

To thrive in this new environment you must commit yourself to the process. There is so much to learn and do. Commit to growing daily in a positive way and start your legacy.

Your energy is about to get zapped in a way you have yet to know! Eating shit food does these 3 things...

REDUCES ENERGY

It's not rocket science or some sort of secret mate! Eating shitty food does zero for your body in creating energy for you to function. Yeah it feels good in a minute, but over the day, week and beyond it zaps your energy.

CREATES DAD BOD

Some research suggests that 70% of women love a dad bod! And that 65% of Dads are happy with their Dad bod! Is that reality yours? Not moving and eating shit food contributes to a Dad bod. You choose.

YOU FEEL LIKE SHIT

Shitty food usually comes with a bunch of carbs, sugars and bad fats. These increase your blood sugar levels, a spike in science terms. This inevitably ends in a big crash. You get tired and you feel like shit!



**One should eat to live,
not live to eat.
Moliere**

Hey mate, we get it! You're not seeing your mates as much anymore and you're not eating well, why would you want to go for a run, right? These 3 reasons will help you connect the dots...

GET SOCIAL

Don't give up your gym or sports club membership just because you have had a kid. This is now time to use this to continue some form of exercise and socialising. Double win!!

INCREASE ENERGY

Being active and moving naturally increases your energy levels. It makes you feel bloody good and you can do it with mum and bub or other new Dads! More wins!!

LOWERS DISEASE RISK

You want to live for as long as possible now right? To see your kid grow up and to have grandkids too. Being active decreases your risk of many diseases that could cause early death.



Exercise to stimulate, not to annihilate. The world wasn't formed in a day, and neither were we. Set small goals and build upon them.
Lee Haney



This my friend may be the hardest shift you will make. If you get these 3 things right you will go a long way in getting some great nights sleep.

TAKE YOUR TURN

If you are like many new Dads you will want to be there through it all. But if you can, take turns at waking and sleeping. Set intervals/shifts for you and Mum to ensure you both get adequate shut eye.

POWER NAPS

Stop worrying about the to do lists around the house!
At any point you need and can simply sit and close your eyes, do it!
Learn to power nap like a boss, they are your new best mate.

SWITCH OFF

Turn off your devices when you need to take a break.
Blue light keeps you awake.
Switch the devices off, communicate with Mum, read a book or take a power nap!

Sleep is the best meditation.
Dalai Lama

The most important chapter of all. Don't pretend you have this new Dad life all sorted. You are only fooling yourself. These final 3 things will help you make it, not fake it.

JOIN A COMMUNITY

You do not and should not live Dad life alone. You need a community of other Dads to help you and guide you. A band of brothers, like minds and mates to walk with you on this journey.

EMBRACE LEARNING

You have no choice but to be on a learning journey. Learning about being a Dad and how to thrive in this life. You are now leaving a mark on this Earth. What will your legacy be?

COMMUNICATE

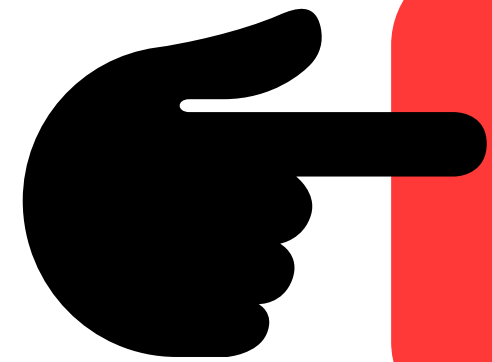
You are most likely not doing this alone. Communication is key in any relationship, and it is critical as a new Mum and Dad. Communicate the joys and the struggles. And sometimes you need to communicate to others outside the home. That community is where you do that.

A legacy for me is being a piece of the soundtrack of someone's life.
Brett Eldredge



YOU DO NOT NEED TO LIVE THIS NEW LIFE ALONE AND IN ISOLATION. CREATE A NEW BUNCH OF MATES COAST TO COAST TODAY!

JOIN THE MOST ENGAGED DADS ONLY COMMUNITY IN AUSTRALIA AND START LEARNING HOW TO CREATE THE LIFE YOU WANT FOR YOU AND YOUR FAMILY. WHAT WILL YOUR LEGACY BE?



JOIN US

