
5 MISTAKES MADE BY MOST DADS



How to regain control of your daily habits.

The 5 mistakes Dads often make!

When I became a dad no one told me how much life would change in every aspect of life. Yes you lose sleep and have a few more jobs to do, but it goes deeper than that. As dads it is our primary responsibility to protect and provide, it's a subconscious action. As a result, BY FAR the biggest change I noticed was the change in my priority list and my perception of time.

I went from being an ex-soldier who started taking part in physique competitions and building a business. To not training, not sleeping and looking like a bag of potatoes in the mirror (and this is coming from a fitness pro). It's very easy to lose a sense of who you are and who you used to be! This is something which effects all dads, but is rarely spoken about.

So, its time we changed that! Here are the 5 mistakes dads often make and how to create change!

1.You put yourself at the bottom of your priority list everyday!

Every day you have a finite amount of energy to spend, most of this is taken up

with work, looking after your kids and getting moaned at by your wife. After you have finished completing all your required tasks, the last thing you want to do is preparing your food, hit the gym or getting an early night!

You are now officially spending your entire day SERVING OTHERS! What happened to that strong, independent man who was in charge of his own decisions??

Here's a statement I love because it is so true and reflects a dad's dedication to his role as a provider and protector' A man will give up his happiness for his family, a women will give up her family for her happiness!

What makes this reality even worse, is you know your doing it! You know you ignore that voice in the back of your head that represents the true version of you as you push yourself to the bottom of your priority list every day!

So how do you regain control of this?????

Start SMALL Tiny changes lead to BIG results.

-Get to bed early

-Start tracking your steps

-Squeeze in 3x 30 minute gym workouts in a week.

-Start eating more protein

-Start drinking more water

-Start taking your lunch to work instead of going Gregs.

The key here is consistency, choose a daily habit that you can stick to consistently even at the weekend. Over time this change will lead to other changes and before you know it your booking half marathons, admiring your 6 pack and your wife moans at you less as she recognises she's now out of your league!

Remember this:

'You are a walking representation of your daily habits' Its what you do everyday that determines who you are, what you achieve and who you become.

Don't become a lump of lard, start making changes to your daily habits.

2.You avoid taking accountability by telling yourself ‘You haven’t got time’.

I love this excuse, and I hear it EVERYDAY! It is by far the weakest excuse and tells me you have basically given up and succumbed to a life of serving others. The reason this excuse is by far the worst you tell yourself is because it is purely a narrative YOU have created. Time is NEVER going to change, meaning that if you tell yourself this excuse, you are avoiding taking ALL accountability for the choices you make regarding your own health.

Here's the HARSH truth, time is never going to change! The longer you keep telling yourself the belief you ‘haven't got time’ the larger your waistline will become, the weaker your body will get and the less attractive you will become to your wife. (Because I guarantee you were none of those things when you first met).

If you cant change time, the only thing you can change is your perception of time!

It all starts by YOU taking accountability for your decisions everyday! Instead of telling yourself you haven’t got time, try and find some! As you can see above all you need to do is start small! Make 1 change to begin with, commit to this change and you will be surprised where this leads to.

This is why I set up the 5am Fitness Club which I run in Essex. Purely for busy dads who otherwise would struggle to get to the gym. Instead, to overcome this, they get up at 4:30am and start hitting the weights with me 3x a week. My question to you is, ‘what are you doing at 5am?’ if the answer is sleeping, then you are missing out on what I call the GOLDEN HOUR. 5am is the only time in the day your not answering emails, looking after your kids or driving to work.

Make the most of it.....

3.Not thinking about your food, the GRAB and GO mentality.

Now this habit is a direct result of the top 2 mistakes. Your diet and training go hand in hand, if you lose focus of one, you lose focus of the other! The truth is, if you’re not looking after your body physically, it is highly unlikely your going to give your diet a second thought. But you are neglecting the most influential variable when it comes to your health.

Now if for some strange reason I was to become a wizard with an incredibly cool magic wand (Like a weight lifting Dumbelldoor) and I could grant you 3 wishes when it comes to your health, what would you wish for? Probably the following:

-To live a long life full of vitality.

-To be very fit cardiovasculy

-To be strong and muscular

The LARGEST variable on all of these is your diet, and you're ignoring this every day and filling yourself with shit food, beer and caffeine.

Basically your purposely working towards the opposite of the above.

If you are on social media especially TickTok, there is a common trend of dads stating they would 'die for their children' weird I know, but people will try anything for likes. The more pressing question here is would you 'LIVE' for your kids????

Interesting question.....

If you are NOT prioritising what you eat every day, then in short, you're not!! You are actively reducing your longevity every day. So, start trying to LIVE for your kids and start looking after yourself!

Making diet changes are easy. Remember SMALL changes lead to BIG results. Choose some options below:

-Reduce carbohydrates and eat more protein

-Eat a portion of veg with every meal you have (this includes breakfast)

-Start taking your food to work with you instead of buying out.

-Introduce an intermittent fasting model to control calorie intake and reduce evening snacking.

There have been many research studies into the best diet for longevity. As much as you will find deviations in the results, one area which is conclusive is eat more veg. The more veg in your diet the longer you will live.

4. Prioritising Netflix oversleep.

Now this one I get as to be honest when I get home from work which is normally around 10:45pm (I start at 5am) all I want to do is sit on the sofa, eat my dinner and watch The Big Bang theory for some escapism. But this is after a day of work, hitting the gym and ensuring my food is on point. I speak to so many guys who are sat down from 19:30 to watch 3 hours of ‘Vikings’. What makes this even more interesting, is its normally these dads who use the excuse I haven’t got time.

Sitting down and watching Netflix is something that should be seen as a reward for smashing another day and taking steps forward towards achieving your objectives in life.

Have you heard that speech by the head of advertising for Lamborghini, when he was asked why he doesn’t advertise on TV his answer hit hard, ‘Because my target market aren’t sat watching TV’. OUCH!

TV is a bit like porn, we enjoy it, get a dopamine kick out of watching it. But in reality all its doing is numbing our brain and distracting us from what’s really important in life.

If you are watching TV you are rotting, simple!

This is unless you have smashed your day.

Have prepared yourself for the next day.

And have nothing else to complete that day.

In this case you can enjoy.....

Interesting fact about Netflix, the CEO was asked at a conference what was Netflix largest rival. Now your probably thinking Prime, Apple TV etc. He answered, SLEEP! Because if people are sleeping they are not watching TV. Netflix is literally designed to STOP you sleeping, get to bed and don’t let Ted Sarandos win!

Sleep is VITAL, stop ROTTING on the sofa..

5.DON'T prioritise exercise!

This is the single biggest mistake that you make! I understand why because work, your kids and your wife suck up all your energy everyday, but the truth is as you get older you're getting WEAKER!

Your body adapts to the environment in which its in. If your body is required to handle load on a regular basis then your testosterone levels will remain steady and your muscle size and strength will improve. If however, the most your body is required to do on a daily basis is pour a cup of coffee then guess what happens????

-You lose muscle mass

-You become weaker

-Your testosterone levels decrease (starts from 35)

-Your energy levels reduce

-You look and feel shit!

What is even more frustrating about this mistake often made by dads, is you DON'T need to be smashing hour long workouts. The MED (minimum effective dose) for exercise is just 30 minutes. That means all you need to do each week is squeeze in 3x 30 minute workouts to elicit an increase in muscle size, strength and function.

If your not really concerned about how your body looks or performs then let me cover this from a different angle. From the age of 35 your testosterone levels start to reduce (yes you have reached your peak!). This ramps up as you hit your 40s, by the time you hit your late 40s/50s your testosterone levels can reduce by up to 3% per year. This means:

-Your energy levels reduce

-Your muscle mass reduces

-Your red blood cell count reduces

-Your metabolism reduces

-Your ability to rise like the Eiffel Tower in the morning reduces.

In a nut shell because your cant be arsed to get to the gym for 30 minutes and throw weights around you are going to be:

-As strong as a bag dog crap

-As energetic as an empty crisp packet

And as good in bed as inflatable sex doll with a puncture.

Moral of the story cut the excuses and go lift!

Conclusion

I understand why you are making these 5 mistakes, your tired! But I need you to understand the following: Looking after yourself is NOT A CHOICE, you are a dad its MANDATORY!

The fact is, if you don't take care of yourself then you are literally diminishing everyday bit by bit! You wont notice at first, then one day you will look in the mirror and not recognise the man staring back at you!

But I like to think if you have got to this point in the blog that you are now going to address this!

Remember SMALL CHANGES, lead to BIG RESULTS.

Start making little improvements to your daily habits, remain consistent with these and I promise in 3-6 months you will be amazed by the results.

If you want help with this process then my 5 day 'Busy Dad Bootcamp' is FREE to download and will take you through a detailed 5 day coaching programme designed to help busy dads regain control of their daily habits.

Click the link below to begin your 5 day Busy Dad Bootcamp:

<https://busydadblueprint.com/bootcampintroduction>

Regards

Coach James