

Dads' Essential 8 Laws of Self-Care

The 24 Laws - Part 3

**...knowledge that all dads need to
apply if you want to stay
energetic for your family, lean for
yourself and robust for the
future.**

**“...some of them can be bent... others can be broken...
that’s not the point.**

**The point is like all laws, you need to be aware of them
otherwise sooner or later
you’re gonna be in trouble.”**

– Williams (& a little Morpheus)

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The 8 Essential Laws

that all dads need to know...

The world has changed... but some things remain the same. Dads, specifically, have a unique set of challenges which work against us looking after ourselves physically and mentally.

Full awareness precedes any solution! Here, in part three of *The 24 Laws*, I've identified common scenarios and mindsets that chip away at our efforts to stay healthy, positive and resilient in mind and body. Each has notes on how to address them... and do a little better.

If you take one thing away, let it be a 'log to your fire' of gentle steady improvements... in the right direction. Which law resonates with you most? What small 'definitely achievable' step can you take today AND keep consistent? Start there.

Read, heed and apply, gentlemen. Let's strive to improve from where we are. Tomorrow is more important than yesterday.

[Ayo Williams](#)

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1 - The Law of

Small Wins

“Beware the ‘curse of the perfectionist’.”

‘Always something’ is a hugely more successful mindset than ‘All or Nothing’.

Don’t be the ‘perfectionist’ who never gets anything done. Start super-small. Get that small thing done.

Claim the win.

Go again.

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2 - The Law of

Fun

“Make sure there’s beer in the fridge.”

Where’s the beer (chocolate/fried chicken etc)?

No matter what strategy, programme or changes you make, there HAS to be room for something in the plan that gives you pure joy, whilst not necessarily being 'perfect'.

If not, how sustainable is your plan?

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3 - The Law of

Honesty

“ ‘How much do you drink?’ is a question that’s rarely honestly answered.”

...especially if it's your trainer, doctor or member of the local constabulary asking...

If you can move closer to being honest about how much you actually drink... and the pros and cons of it all... that’s a huge step towards better health.

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4 - The Law of

Recovery

“Go, the fuck, to sleep.”

Sleep. Without enough of it you're slowly chipping away at your overall resilience. No amount of coffee or chicanery can get you away from this.

As a Dad, this is challenging - we've younger dependents keeping us up physically and possibly older generation concerning us mentally. You have got to grab what you can, when you can, as a priority over one or two other things which appeal 'in the moment'.

The sooner we respect that, the better our long-term outcomes will be.

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5 - The Law of

Hydration

“Water is life. Drinking enough of it gives every system in the body a better chance.”

Probably the most underrated factor affecting your health and fitness.

Even mild dehydration affects your decision making, performance, mood and resistance to illness.

Drink up!

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6 - The Law of

Comparison

“Comparison is the thief of joy... so tackle and tame that thief every time you sense his presence.”

...comparing yourself with others is folly; you simply can't be aware of all the factors affecting their progress... background, genetics, life-situation etc.

‘You’ vs ‘You 10 years ago’ can be similarly disheartening.

Set goals for now and the near future. Aim to progress from where you are. If you must compare... make this a better week than the last one.

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7 - The Law of

The Crab Bucket

“Tactfully tell the haters to S.T.F.U.”

This is true in other aspects of life... but those who make a serious lifestyle change, even when the health benefits for them and their family are clear often experience teasing, resistance, or outright sabotage regarding their plans.

This is so common that I've had to coach people on how to deal with the naysayers in a tactful and productive way. Understanding where the comments are coming from and refocusing on your 'why' are great starting points in figuring out a positive way forward.

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8 - The Law of

Deeper Reasons

“Remember your ‘WHY’.”

SMART goals will only get you so far. For lasting progress when the going gets tough and life draws you away from your plan, it really helps to focus on the REAL, deeper reasons you’re doing what you’re doing.

Do you want to be a role model/stay around longer for your kids?

Add more quality (as well as quantity) to your later years?

Take back a little time in the day for ‘you’?

The real reason you’re making changes is powerful. Keep it at the forefront of your mind.

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In Closing...

Any effort towards positive change in the above eight areas is a fantastic start. Just focusing on these for the next few weeks will make a huge positive difference to your life... and that is a promise. Please do let me know how you get on.

We can go further though! Go ahead and check out the other free resources (including parts one and two of *The 24 Laws*) on my [website](#).

Better yet, join me in the '[League of Lean Gentlemen](#)' for ongoing support and interaction with a group of dads looking to restore that energy and lose the stomach fat for good.

Are you ready to work with me to get some serious results? [Apply here!](#)

Get in touch - I'm looking forward to helping in whichever way I can.

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