IRON FATHER

THE CODE AND CREDO

THE IRON FATHER CODE

Eight laws for the home, the credo to speak each morning, and a daily routine from first light to lights out.



Be present. Be strong. Be the example.

Eight laws for the home

The Six Iron Forgings are what you work on. The Code is how you carry yourself through the front door, every day.

I **Present before perfect.**
When I'm with my children, I'm with them. The phone goes down, the eyes come up. They need my attention more than my answers.

II **My word is iron.**
If I say it, I do it, and my children are the first people I keep it for. A promise to a child is still a promise.

III **I go first.**
The hard conversation, the dirty job, the first apology. I don't wait to be asked.

IV **I leave the day at the door.**
Work stays outside. My family gets my best, not what's left over.

V **My strength protects. It never frightens.**
I master my temper before I ask them to master theirs. When I get it wrong, I own it and repair it.

VI **I show them, not just tell them.**
They'll copy what I do long before they do what I say. I live the lesson first.

VII **I honour their mother.**
In front of them and behind their backs, whether we're together or not. How I treat her teaches them what love looks like.

VIII **I keep my own fire lit.**
I train, rest and eat well, so there's always something left to give.



THE IRON FATHER CREDO

I am an Iron Father.

I rise before the excuse.

I carry the weight, so they never have to.

I train my body, master my mind and guard my soul.

I am present. I am strong.

I will be the example my children remember.

Speak it every morning in the Iron Wake.

From first light to lights out

Four short rituals that carry the Code through an ordinary day. None takes more than twenty minutes.

MORNING

The Iron Wake

Up before the kids. The first minutes of the day belong to you, not your phone.

1. Cold water on the face.
2. One minute of slow breathing: in for four, out for six.
3. Speak the Credo, out loud.
4. Take your Iron State: five questions, two minutes.
5. Choose one thing you'll do for your family today.

MIDDAY

The Reset

Five minutes, outside if you can, with no phone.

1. Ten slow breaths.
2. Ask yourself: am I keeping the Code today?
3. Eat lunch properly, sitting down.
4. Send one message home.

COMING HOME

The Threshold

Sixty seconds in the car or at the gate before you walk in.

1. Name what happened today, then leave it there.
2. Decide how you'll greet them.
3. Walk in as Dad.

EVENING

The Hearth

The day closes around the family.

1. Twenty screen-free minutes with the kids, their choice.
2. A bedtime question: "What was the best part of your day?"
3. Write your entry in the Legacy Ledger.
4. Lights out on time. Tomorrow's Iron State starts tonight.

30 days of the Code

DAY	DATE	IRON WAKE	RESET	THRESHOLD	HEARTH	KEPT THE CODE	LAW I FELL SHORT ON
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
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21							
22							
23							
24							
25							
26							
27							
28							
29							
30							

Tick each ritual you kept. At the end of the week, look at which law shows up most in the last column. That's next week's affirmation.

04 · CARRY THE CODE

The wallet card

Cut out both sides along the dashed lines, glue them back to back and laminate if you can. Keep it in your wallet, your car or your gym bag, and read it when the day gets heavy.

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I will be the example my children remember.

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I. Present before perfect.
II. My word is iron.
III. I go first.
IV. I leave the day at the door.
V. My strength protects. It never frightens.
VI. I show them, not just tell them.
VII. I honour their mother.
VIII. I keep my own fire lit.

Front · Back (85 × 54 mm, credit-card size)

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A spare, for the car or a mate.

“Let us, as fathers, be worthy of our sons and daughters.”