

Dear Son,

First of all, I want you to know how proud of you I am. You are such a bright, loving and considerate boy. I've never seen a three year-old so ready to give kisses and hugs and I love that about you. Don't ever lose your desire to share and show affection – especially to your mom and dad.

The chance to raise a son brings such great joy to me. Whatever your pursuits and passions turn out to be, I'm excited to encourage you, challenge you, and support you along the way. I will always be your biggest fan.

But life isn't always going to be full of supporters and easy choices. There are going to be times when you have to rely on yourself, and trust yourself when other people are trying to make life choices for you.

One of the ways to make sure you make the decisions that are right for you, is to be strong both in body and in mind. When your body and mind are both strong, they're in sync and you're able to act in your best interests. But when you're weak, your mind is impatient and your body is quick to find excuses not to perform in the way that helps you live the best life. The life you deserve. As you grow up, people are going to flock to you because of who you are. However, some of them want something from you that you shouldn't give them. It may be your pride, your money, your time, or even your health. You need to be strong in order to avoid the persuasions they're going to throw at you to entice you away from your strength.

I've always felt strong in mind, but I know that when my body is weak, my mind falters and I begin to doubt the strength inside. Right now is one of those times, and I don't like that feeling. There is nothing more important to me than being there to support you, guide you, and have the strength to carry you when you need help walking your path; because there will be times you need to be carried. I want to be the man that can always carry you, no matter how big you grow.

I love you,

Dad