

I love Alan/Dad/Grandpa because...

1. he has a good sense of humor.
2. he is always upbeat and positive.
3. he is fun to work on projects with.
4. he is supportive and reassuring.
5. he is very tolerant of people chewing gum around him.
6. he is a really talented and competitive athlete.
7. he loves a good Facetime.
8. he is disciplined and hard working.
9. he has great advice.
10. he loves Mom and they always have so much fun together.
11. he takes out the trash every day and always empties the dishwasher.
12. he is endlessly generous in his time and thoughtfulness.
13. he always approaches the world with wonder and good humor.
14. he continues to give everything he does his best effort.
15. he loves me.
16. he always finds the bright side.
17. he believes in me (no matter what).
18. he worked so hard to give us a beautiful life.
19. his smile lights up a room.
20. he leads by example and inspires me to be my best self.
21. of his hugs.
22. he has ladybugs on his cups.
23. he plays with me.
24. he dances with me.
25. of who he is.
26. of who he reminds me that I can be.
27. he raised such an incredible daughter, who I am so lucky to have as my partner.
28. of how freely he shares his loving wisdom.
29. he has a nice warm swimming pool.
30. he answers my questions when we do the phone call
31. he is Aya's grandpa.
32. he makes good food.
33. he is grandpa and loves people.
34. he finds the positive in any situation; there is no experience that looks too dark and stormy to weather as a team.
35. he finds time for a chat whenever needed. He prioritizes his time with us as a family.
36. he is nice and kind
37. he always has the right thing to say.
38. I have learned how to be a dad through his eyes.
39. he is an inspiration to so many people.
40. his generosity shines through in everything he does, always giving so much of himself to those around him.

41. he has a way of making people feel truly seen, heard, and cared for.
42. his positivity is infectious; nothing is insurmountable.
43. he makes me want to be a better person after every interaction I have with him.
44. he is so genuinely interested in my happiness, health, and career.
45. he laughs at my jokes; that is very important to me.
46. he is an eternal optimist.
47. he has integrity.
48. he is kind and generous.
49. he is a fabulous roommate.
50. he makes time and holds space for his family.
51. he is comfortable being vulnerable.
52. he is an ever learner.
53. he does not shy away from challenges, no matter the size.
54. he is curious.
55. his impact as a leader is profound, but his impact as a father is unparalleled.
56. he has shared the world with us.
57. his commitment to a healthy mind, body, and soul is aspirational.
58. he loves taking selfies.
59. he is our fearless protector, biggest advocate, and trusted sounding board.
60. he loves a good plan; good things come from working the plan.
61. he is an expert at smooshing Christmas wrapping paper into black garbage bags.
62. he is extremely tidy (everything has a place, a place for everything).
63. he leads with his heart.
64. he has core values, and more importantly, he sticks to them.
65. he is consistent in all aspects of his life.
66. he has changed the world.
67. he makes me feel invincible and unstoppable.
68. he genuinely wants the best for all of us.
69. he is really fun to hang out with.
70. he loves and is loved.
71. he has had a profound impact on so many lives.
72. he always loves me up and has taught me how to love others up.
73. all the insightful materials and articles he has shared with me have shaped the kind of leader I aim to become.
74. he has always welcomed me into his family and shared such amazing experiences for which I am grateful.
75. he is a role model and an example of how to love and support our mobug.
76. he always keeps a smile on his face, no matter the topic, no matter the time, no matter the place.
77. he is always so bright and cheerful.
78. he has a positive outlook and optimistic attitude towards every single moment he spends with his family.
79. he is always looking on the bright side and never lets negativity creep into his life.
80. it is impossible not to!

**we love you so much! happy birthday to our favorite (and one and only)
ALAN/DAD/GRANDPA!!**