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.it's a great place for you and I'm so happy to see you thriving there! I can't believe that tomorrow I will have a three-year-old boy.

I hope you never lose that.

This morning, we were snuggling in Mommy's and Daddy's bed after you woke up and you were telling me the animals you saw on the ceiling (T-rex, bunny rabbit, ant); the morning sun coming in between the window blinds created a shadow from the ceiling fan.

Your obsession with football and the Green Bay Packers continues to grow.

You're good at puzzles and problem solving.

You are rebellious even by toddler standards, always pushing the boundaries and fine-tuning your negotiation skills.

It's still a challenge for you sometimes, but many times you play nicely with other kids your age without hitting or kicking.

After Daddy and I dropped you off, we went out to breakfast.

You have started to memorize parts of books, so you often help me read.

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Greg Brookes is the founder of Kettlebell Workouts, GB Personal Training, and over 10 Workout Apps on both iTunes and Google Play. Using kettlebell training he has

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