

Fathers Podcast 01

Introduction

Podcast Highlights

-Fathers Podcast is about basic fathering ideas that men can take and adapt to their particular family situation.

-Being perfect is impossible.

-There are long-term consequences to the decisions we make in the moment.

-The most important relationship you have (other than God) is with your wife.

-Bring other men into your life to help you navigate being a father and husband.

-Failure is going to happen. Men hate failure. But it's a natural part of figuring out how to lead your family. Celebrate those failures because they are progress.

-When failure happens it is tempting to focus on work and "provide" for the family.

Thinking/Conversation Starters

-How did you interact with your father as a child?

-Best and worst memories as a kid?

-How does that impact you now?

-What does being a father mean to you?

Action Step

-We're all in it together and progress is possible. There are simple and specific things that can be done to improve our relationship with our wife and kids.

-Think about other fathers that you would like to get together with on a consistent basis to for encouragement and accountability.

There are eternal consequences to the seemingly inconsequential.

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Fathers Podcast 02

Date Night Part 1

Podcast Highlights

- The relationship with your wife needs to be your top priority. "Date night" is the time frequently and consistently scheduled to invest in the relationship.
- Suggest the idea of dating to your wife tenderly. She may have reservations about babysitting, budget, time constraints, and her relationship with you.
- Take action and arrange the details yourself. Make it stress free for your wife.
- Make date night a system that repeats with minimal effort. Something is better than nothing so starting with once a month and then increasing isn't a bad start.
- The first several dates might be "awkward" if you haven't dated in a while. Being a team is different than being a couple.
- Build anticipation by think of something "net extra": One flower or chocolate, a card or note to set up the date.
- Date night can be very inexpensive! The focus is spending time together so be creative. Or find someone creative and steal their ideas. Whatever works.
- Try to avoid: getting together with friends, movies, and other "distractions" that will allow you to ignore the relationship. Date night is one on one time.
- Continue to learn what your wife wants in a date. Write it down and revise as you learn more.

Thinking/Conversation Starters

- When was the late date you had with your wife? What did you do?
- What did you do when you used to date your wife? What did you enjoy most?
- What might stop you from having a date soon? How can you work around them?

Action Step

- Talk with your wife about setting up a consistent and frequent date night.
- Find a babysitter together and hire that person for as long a period as possible.

Something is better than nothing!
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Fathers Podcast 03

Date Night Part 2

Podcast Highlights

-“War Council” is time you and your wife get together to talk about your kids and work together to strengthen the family unit.

-Date night should be time to focus on each other...not the kids...so set aside a different time (or do it every other week) for war council.

-Coach and encourage one another with the current issues. You will have different perspectives and insights that can be helpful.

-Keeping the frequency consistent is key! Weekly is recommended but something is better than nothing. You can always start small and go from there.

Thinking/Conversation Starters

-Do you and your wife currently have a united “game plan” with kids and family? What does it look like?

-How are your kids doing?

-How are they with the other kids and each parent?

-How did your parents run their house? Was it a combined effort or a team of one? How do you think that affected the family?

Action Step

-Talk with your wife about setting up a consistent and frequent “War Council” (you can always call it something else) that is separate from date night.

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Fathers Podcast 04 Club Time Part 1

Podcast Highlights

-“Club Time” is all about consistent one on one time with each child doing what the child wants to do.

-It will make each kid feel loved and give you insight into their unique personalities. You’ll naturally develop a relationship with them along the way.

-Something is better than nothing (yep...we said it again and will continue to repeat). Having club time once a month with a kid is better than no club time.

-Agree to the schedule (frequency and time) with your wife and explain the importance of it. (She may not understand). Agree to review it.

-Club time needs to be a standard amount of time and frequency with each kid. Your kids will probably help you with this!

-Develop a name for the time with your kids (Daddy fun time...Club Time...Funapalooza...Smorgasbord of Excitement...etc.)

Thinking/Conversation Starters

-What did “quality time” look like with your dad? Was it one on one? How did it look for your wife?

-What are some things you think each kid would like to do? How do you think you can connect with a kid that has dissimilar interests than you?

Action Step

-Talk with your wife about the reasons and importance of club time. Understand the strategy together and talk about what it could look like. Schedule it and do it. Have a set schedule, time length and frequency.

Fathers Podcast 05 Club Time Part 2

Podcast Highlights

- During club time do what the child wants to do (errands do not count!).
- What does each child want to do? How can you do it? Your first club time could be working on the list of activities (there will probably be ideas on the list that will never happen...but it's fun to brainstorm so don't edit the list while you make it).
- Club time will grow you to appreciate them more (especially if they want to do something you don't particularly enjoy). Children have a way of forcing us to slow down, be playful, and do things just for the joy. Club time isn't all about you.
- It doesn't have to be expensive.
- Ask questions like: How am I doing as a dad? How is the family doing? What do you like about the family? Who is your best friend? Who sits with you at lunch?
- Questions will become a natural rhythm for club time and be a gateway to deeper conversations and a safe place for your kids to bring up other topics.
- These times and conversations when they are young pave the way for more open and honest conversations during their teenage years. If you already have teenagers it isn't too late to start club time. Something is better than nothing!
- Write down your learnings and talk about them with your wife.
- The best time to talk about God is during these club times. Don't try to squeeze it into every conversation topic! The perception of their heavenly fatherly is largely influenced by their earthly father.

Thinking/Conversation Starters

- What benefits do you see to having a club time?
- What other questions could you ask them?

Action Step

- Schedule it and do it. Have a set schedule, time length and frequency.

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Fathers Podcast 06 Starting a Fathers Group

Podcast Highlights

- It is incredible useful and unusual for men to get together for encouragement, accountability, and celebration.
- The group can be three or more men that meet regularly (preferably weekly) and talk about practical ways to make positive life change.
- Schedule it when is best for everyone and not a negative to the families.
- The primary purpose is to change ourselves. Secondary purpose is to support the change within other men that they choose (not what we think they should do).
- Meet for an hour or so to talk about: hopes and fears...accomplishments and failures...and what everyone hopes to accomplish in the short and long term.
- Before the meeting ends talk about what your practical/non-abstract short and long term goals are so that you can encouraged and accountable.
- Encourage each other throughout the week (phone calls, email, text, etc.)

Thinking/Conversation Starters

- Are there barriers to getting in a fathers group? How do you go around them?
- Who would you like to get together for a fathers group. If you're already in a group talk about the positive traits you see in the others.

Action Step

- Get a group together.
- Talk in group about the expectations and level of accountability you each want.
- Use the accountability sheet on the next page (if it helps).

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Accountability

Detail specific action and plan (day, time, what help needed? When?)

Record it now, Report Back Next Week

Date: _____

Example

Name: *Phil Smith*

Short Term goal: *Write a note to my wife for Tuesday morning.*

Long Term Goal: *Establish date night weekly. Need to have a conversation with wife and schedule babysitter.*

Prayer request: *Pray for wife's eagerness for date night.*

Name:

Short Term goal:

Long Term Goal:

Prayer request:

Name:

Short Term goal:

Long Term Goal:

Prayer request:

Name:

Short Term goal:

Long Term Goal:

Prayer request:

Fathers Podcast 07

Prayer

Podcast Highlights

- Prayer is a great way to role model how to have God be in our lives everyday.
- You could start at meals and also have the kids pray. It doesn't matter what they pray but it does allow them to open up and invite God in. Having a specific time is only so it's easier to remember. Prayer is meant to strengthen our relationship with God...it's not supposed to be a burden or an impersonal system.
- Prayer will look different for varying ages. It could start with thankfulness and expand with age to include disappointments, anger and apologies. We can and are invited to bring all of our feelings to Him.
- Praying with your wife is one of the most important things you can do in and for your marriage.
- You can pray poorly...an example is "preaching prayer". Don't talk to anyone through your "prayers" to God.

Thinking/Conversation Starters

- What is your birth family experience with prayer? Does it make you more or less likely to pray with your family?
- Have you tried praying with your family before? Where there any barriers? If you haven't tried what are the possible barriers?

Action Step

- Talk with your wife about praying with each other.
- Talk with your wife about praying as a family.
- Figure out together when the best time to pray as a family and as a couple.

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Fathers Podcast 08 Comings and Goings Part 1

Podcast Highlights

-A husband and wife tend to connect at the worst parts of the day (the beginning and end...when you're barely awake or really tired).

-We can't change the times that we can connect but we can change how we approach it.

-Make the commute home your decompression time so you can be fully engaged as soon as you walk in the door. Pick a specific spot on the way home to begin thinking about your wife.

-Leave work on time and get home when you say you're going to arrive.

-Find your wife first: communicate that she is your number one priority. This could be a hug/kiss/backrub...what ever she would receive as love.

-Ask her what she needs.

-Keep in mind where your wife is coming from...she may not have that buffer...regardless if she works in or out of the house.

Thinking/Conversation Starters

-What are three things that you could do this week differently to make your wife feel like she is your priority?

-What could your wife appreciate when it comes to comings and goings? Where might you have dropped the ball and not done well? What do you do well?

Action Step

-Make the commute home your decompression time.

-Think through your rhythm of arriving at home. What could it look like and what do you need to change to get there?

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Fathers Podcast 09 Comings and Goings Part 2

Podcast Highlights

-The beginning and ending of the day are equally important.

-“Goings” is about communicating how much of a priority your wife is even when you’re going to be gone for the day. Notes, phone calls, flowers, text messages, emails, etc. all accomplish this. Find out what she likes best.

-Talk about the day (in the morning and the night before) and discuss what the stressful times are going to be. Pray for each other during those times and talk afterwards.

-Check in when possible...especially when traveling.

-Whenever you are going to leave the house find your wife. Tell her why you’re leaving and say goodbye.

Thinking/Conversation Starters

-How do you leave the house now?

-What could you do to delight your wife when you’re leaving the house?

Action Step

-Try to communicate with your wife before leaving the house this week. If you’re stumped for ideas have a conversation with her.

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Fathers Podcast 10 Comings and Goings Part 3

Podcast Highlights

-Going to bed and waking up together every day is bold move but advantageous.

-Depending on if you are a morning person or a night person, how you have to adjust will be different. It also depends on what schedule is necessary.

-You can talk about the events of the day and pray together in the morning to get you on the same schedule.

-When it comes to going to bed together have the lights out at the same time.

-There's going to be an adjustment period that will vary on how far apart your schedules are.

-Don't have a television in the bedroom. It's a bad idea for many reasons.

-Something is better than nothing...so if you can't do it every day...what days can you do it?

Thinking/Conversation Starters

-What do your mornings and evenings look like now?

-Do you see the long term upside (years) or processing your days together? Is the effort of change worth the benefits to you?

Action Step

-Talk with your wife about the idea of waking up and going to bed together. What could that look like and how do the two of you get there?

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Fathers Podcast 11 Comings and Goings Part 4

Podcast Highlights

-It's critical to get your kids to bed at a consistent time and a consistent rhythm. It's beneficial to everyone.

-One on one time with each kid each night will honor them and make them feel connected.

-The mornings are just as important. Connect with the kids any way you can...have breakfast with them...make their lunch bags...write a note or text message. Find out the ways that will delight them.

- Not every kid is the same (not everyone loves reading books) so figure out what works best for each individual kid.

Thinking/Conversation Starters

-What did evenings and mornings look like in your birth family? What did you enjoy and not enjoy?

-What are some creative ways to say good night and good morning and celebrate with the kids?

Action Step

-Talk with your wife about ways to say good night and good morning to each kid.

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Fathers Podcast 12 Gratitude Part 1

Podcast Highlights

-There are a lot of barriers when it comes to gratitude in our culture. It is easy to become transaction and conditional...“I will be grateful if...”.

-Men like to keep score and win which would mean there has to be a beginning and an end. Gratitude doesn't fit into that because it's ongoing.

-You can't deal with your relationship with God without seeing that being grateful and giving thanks is necessary.

-Being grateful is good for us.

-“Give Thanks in all circumstances” 1Thessalonians 5:18

-“By prayer and petition, with thanksgiving, present your requests to God”.
Philippians 4:6

-“Always give thanks to God the Father for everything, in the name of our Lord Jesus Christ” Ephesians 5:20

-“When you have eaten and are satisfied, praise the LORD your God for the good land he has given you. Be careful that you do not forget the LORD your God.”
Deuteronomy 8:10

Thinking/Conversation Starters-

-What are your barriers to being thankful?

-What do you have to be thankful for? Write out statements of thanks to God for specific events, acts, provisions He has made in your life.

Action Step

-Make a list of what you're thankful for...people, experiences, beauty, the marriage, kids, pretty much anything that is in your life. Writing that stuff down starts the process of beginning to dwell in it...

-Dwell in it on a frequent and consistent basis.

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Fathers Podcast 13 Gratitude Part 2

Podcast Highlights

-Your relationship with God can be direct reflection of your relationship with your father. Depending on your role model you may not have an example of how God is a great father.

-You need to forgive your father past negative experiences so you can move on.

-Think about specific memories from the past. Acknowledge the specific situations that you experienced. Blame your father or whomever and then forgive them. It's okay to blame...but you need to move on.

-Bring God into it and ask him for help in forgiving him. This will probably take more than once or twice.

-You have to choose to forgive so you can become free. With forgiveness comes freedom. That freedom enables gratitude and a deeper relationship with God.

-It's okay to be angry with God. All of God's champions got angry with God. He's okay with you yelling at him. He's eager to engage us however.

Thinking/Conversation Starters

-How was your relationship with your father/father figure growing up? How is it now?

-How has your relationship with your father affected your relationship with God?

-How might forgiveness set you free?

Action Step

-Start to process through any negative experiences you had as child are try to start forgiving the people involved. This is not a short or easy process but starting on it and involving God will eventually bring you to a place of freedom.

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Fathers Podcast 14 Creative Family Time

Podcast Highlights

- Creative Family Time is unique experiences/traditions for the entire family.
- You and your wife have to decide the value of the time...is it worth cutting down on individual activities?
- Camping in the living room, hide and go seek, having the entire family contribute to a story (every one takes a turn), board games, creative writing, picnics, giving each kid 5 pictures to organize the family as they want. The list is endless. You can always "Google" for ideas if you're stuck.
- Depending on the age of the kids...let them decide what the family can do.
- Try to do it at least once a month so it's regular enough.
- Intentional decisions will need to be made along the way so that priorities are honored. The tension is balanced by asking "what has the most long term value"...for the individual and the group. Is the value immense or limited? This will help you as you navigate what extracurricular activities happen.
- Balancing outside activities and family time will always be an ongoing discussion.

Thinking/Conversation Starters

- Did you have a consistent family time growing up? What did you do? What would you have wanted to do?

- What are some things you could do now?

Action Step

- Talk with your wife about setting up a family time and decide on the time and activity together.

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Fathers Podcast 15 Calendar

Podcast Highlights

- The goal of calendaring is to get the most out of your time.
- Husbands have a work calendar, wives have their own and as kids get older they get them too. None of them are usually synced up.
- Everyone views the weekend as their time which can cause everyone to become stressed!
- You need one main calendar that is the master calendar to manage the chaos.
- Pick a time (once a week) with your wife and review the week. Did you execute what was scheduled? Was it for the best for everyone? Review the schedule daily to reconfirm your plans.
- Until you look at what you're doing it's tough to know what you should be doing.
- Make the schedule reflect your priorities as opposed to your schedule causing your priorities.
- Put in date night, club time, creative family time. Look 3,6,9 months ahead and think strategically...what are the long term goals of the family?

Thinking/Conversation Starters

- How do you currently communicate your schedule?
- Are you doing what you want to do or have to do?
- How much conflict are you having over schedules?

Action Step

- Talk with your wife about the idea of having one calendar. Talk about what you want to do and designate times to accomplish them. Set up a time every week to talk about the calendar.

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Fathers Podcast 16 Intimacy Part 1

Podcast Highlights

-Our American culture (as it relates to sex) is crazy and includes many myths:

Sex is all about the orgasm and technique

The naked body has to be perfect and perfectly sized parts

Purpose of sex is to fulfill me

Sex is primarily for the young, unmarried and always silent

Sex is more exciting with multiple partners

Partners are largely disposable

Masturbation is good and it helps sex

Male view of sex is the only right view of sex

Sex is the barometer of the entire relationship

It's a status to lose your virginity

- The religious church culture can be equally disorienting:

Don't do it!

Sex is a dirty thing you get to do after your married because you have to.

Do not talk about it.

God is not in sex

Sex is not a spiritual act

-The perception of sex differs greatly between the genders: differences

Men: sex is hard, fast, visual, direct. 80% of men have more sex drive than their wife. Every 72 hours there is a natural buildup and desire for sex.

Men think about sex at least once a day.

Women: sex is security, slow and gentle. 66% do NOT achieve orgasm from intercourse alone and do not need orgasms every time

Thinking/Conversation Starters

-How did you find out about sex?

-What are you learning from our culture about sex?

Action Step

- Talk with your wife about how each of you learned about sex and what opinions the childhood "influencers" (parents, church, friends, television, etc.) told or modeled to her and you.

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Fathers Podcast 17 Intimacy Part 2

Podcast Highlights

-Women want security and the choice to engage in sex. They want physical touch that may not lead to sex. They generally like a slow playful environment. 20-30 minutes of foreplay. Indirect touch.

-Women's orgasms are 3 to 4 times more intense...they don't need to have an orgasm every time. Two thirds of women do not achieve orgasm by intercourse alone.

-Women need time after the orgasm to cuddle and feel close.

-Women think about sex maybe once per week.

-Two thirds of women are concerned with body image.

-With all of the differences between men and women...what in the world was God thinking when he created sex?

-With so many differences we need to lean into God and communication to bridge the gap between husband and wife.

Thinking/Conversation Starters

-What kind of gender differences have you noticed?

-What is the impact of how you think about sex?

Action Step

-Talk with your wife about how she defines a great sexual experience. Listen really well and take notes.

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Fathers Podcast 18 Intimacy Part 3

Podcast Highlights

- What was God thinking when he created sex?
- Intimacy and pleasure are relatively unique to humans
- God created sex for satisfaction, pleasure, oneness and connection.
- The clitoris is uniquely for pleasure
- God wants us to be playful, rest, and be together naked and unashamed together.
- It's physical, emotional and spiritual.
- It's easy to lose a sense of rest and playfulness. You will have to continually reinvent and reinvest the sex life over time.
- Start praying for your wife...pray openly, quietly, internally. Will soften, slow you do and make you more responsive. Praying will keep away the distractions.
- Talk about sex during sex.
- Include God

Thinking/Conversation Starters

- Have there ever been sexual “droughts” in your marriage? Did anything specific trigger them and how did you overcome them? If you’re in a “drought” right now what do you think caused it and how can you overcome it?
- How do you think you can include God in sex?

Action Step

- Communicate with your wife about sex and talk about her needs and wants.
- Read a book together about sex like “A celebration of sex” by Douglas Rosenau or “The sex starved marriage” by Michelle Winer Davis

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Fathers Podcast 19

Family Traditions

Podcast Highlights

- Family traditions are very powerful ways for your kids to remember the family.
- Thanksgiving: Each person talks about two or three things they are thankful for that year and light a candle.
- On Christmas Eve watch Christmas Vacation and the next morning have the same breakfast every year.
- Birthdays: Everyone gets to set their own dinner menu.
- Vacations: Once a year the kids get pulled out of school for a long weekend. Show that the family was more important than the “crushing requirements” of school and the need to perform.
- Google “eunuch” (you’ll have to listen to the podcast to understand).
- “Brand” those experiences by assigning a name to them so they are easily remembered by everyone.
- Family Dinner: Regular family dinners...at least once a week (depending on your family schedule) and let anyone ask anything...ask “how did you see the hand of God today?”...not having an answer to a question is okay...be honest...“I have no idea...does anyone else?...let me get back to you!”...
- As kids look back...these traditions are critical to them being able to answer the question “was the family worth belong to?”

Thinking/Conversation Starters

- What kinds of childhood memories do you have of your family?
- What are the kinds of memories do you want your children to have?

Action Step

- Talk with your wife about the types of family memories you each have and what you’d like for your children. Work together to create a list of the traditions you want to carry on and ones you want to start and figure out how you can implement them.

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Fathers Podcast 20 Love Languages Part 1

Podcast Highlights

- Based on “Love Languages” by Dr. Gary Chapman
- Basic concept: There are 5 “ways” that people receive love...usually between a husband and wife they receive love differently. A lot of people know the idea but it hasn't impacted or changed them.
- People typically have a primary and secondary love language.
- We provide the love we want...not helpful if our spouse has different “languages”
- The five languages are:
 - Words of affirmation** - words that build up and encourage...verbally or written
 - Gifts** - gifts with meaning. Different than materialism.
 - Physical touch** - connection, sexual intimacy, back massage, sitting close, etc.
 - Acts of service** - setting the table, mowing the lawn, folding the laundry...etc.
 - Quality time** - time together with undivided attention for talking, relaxing, etc.
- Easiest way to figure out how we receive is to ask how do we show it?
- It can be very difficult for us to give outside of our own love language.

Thinking/Conversation Starters

- What do you think about “love languages”?
- Respond to the following statement: “Love is something we self sacrificially do for someone else.”

Action Step

- Talk with your wife about love languages. Which ones best fit her and you?

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Fathers Podcast 21 Love Languages Part 2

Podcast Highlights

- There's a difference between knowing about love languages and having it revolutionize you.
- Love languages don't come naturally...early on it's easy to become resentful.
- When you try to do something that doesn't come naturally it won't be easy and the chance that you'll fail is greater. It's hard and takes persistence.
- Love is what you do for someone else based on her requirements and standards.
- Love maps: Pages of notes on your most important "customer"...your wife...her loves, likes, dislikes, cares and needs based on her life story. Favorite foods, places, movies, key dates...
- Our job is to keep our wife's "love tank" as full as possible. Constantly fill it...keep it as high as possible.
- It's our job as husbands to lead the charge in love languages.

Thinking/Conversation Starters

- What is your biggest road block to figure out and implement love languages?
What can you do to work through it?

Action Step

- Adopt the love language process (figuring it out with your wife) and work together to figure out how it can be a part of your life everyday.

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Fathers Podcast 22 Love Languages Part 3

Podcast Highlights

- Love languages with your kids
- A lot of the ideas involved in love languages can be applied to how we interact with our kids.
- We have to treat them as individuals so chances are good you're not going to be able to relate and interact with them the same way.
- You will make it harder on yourself down the road if you keep trying to use a different language than your kid receives.
- See how the kids try to give love and that's probably how they like to receive it.
- The kids may not want to take the "love language" test...or be able to tell you or have self awareness to be accurate...you and your wife will have to figure out, coach and experiment in the ways you can reach out to your kids.
- By reaching them you will affirm the idea that they belong.

Thinking/Conversation Starters

- What kind of love languages do you think your kids have? What stories can you share to support your hunch?
- How can you build into your kids with the love languages they have?

Action Step

- Talk with your wife about what love languages the kids have and work together to develop a way to build into them.

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Fathers Podcast 23

Family Mission

Podcast Highlights

- Our culture of consumerism doesn't promote a healthy family. Every team and other activity assumes that you have all the time in the world for that activity.
- There are so many voices screaming for each of your attention. That adds up to a lot of confusion. Distracted parents don't help the kids.
- Playing defense isn't an option. You have to take control of you and your family's time. Defense doesn't win games.
- Family mission is critical. And the family has to help create the mission...it's not up to just you. You need to collaborate with your wife and also the kids depending on their age.
- Develop the mission that works best for you family and start by asking...what does a family mission look like? *Example: A family worth belong to.*
- What kind of growth experiences are necessary? Connecting with your neighbors? Volunteer? Camping?
- Failure is okay! Our job is not to create the perfect life for our kids...but rather to introduce our kids to the perfect savior (Jesus) and create an environment to understand the need for Jesus.

Thinking/Conversation Starters

- What is your family mission today based on how you spend your time?
- What would you like your kids to say about your family when they look back?

Action Step

- Talk with your wife about developing a family mission and figure out what changes need to be made as a result.

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Fathers Podcast 24 The Big Ideas

Podcast Highlights

- Dr. Ron Ran started a fathers community group over 25 years ago.
- Mission Statement: A community of men who look to learn and share practical ways to become better husbands and fathers.
- Live intentionally.** Our lives are either improving or unraveling. Living intentionally improves them. God has priorities for us that help us live intentionally. If anything they are the exact inverse of our personal priorities.
- The eternal consequences of the seemingly inconsequential.** The small things that we invest in build up over the long term. Our relationship with wife and kids come from these small moments.
- Change is hard. Be ready and willing to embrace failure.** You won't do everything perfectly the first, second, third time...you're trying to do the right thing the right way at the right time over time...and it takes practice. The majority of our habits come from past experience that we didn't start...give yourself some grace as you try to change.
- Something is better than nothing.** Of all the things that we talked about you can't change all of it right away. Do one thing at a time and grow from there. Start with date night...go to club time. Over time you'll be improving across the board.
- Be in community with other like minded men that regularly meet.** Be open and encouraging. Have specific practical short and long term goals that others will hold you accountable for.

Thinking/Conversation Starters

- What areas do you see improvement/changes? What are the next steps for those areas. What do you want to work on next?

Action Step

- Figure out what the next step looks like for you. Is that listening to the podcasts again, getting into a group with other fathers, scheduling a date night or something else that can improve your family?

"As iron sharpens iron, so one man sharpens another."
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