Master the biggest project of your life... Dadhood

THE DADDIUS PROJECT WORKBOOK

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THE

DADDIUS

PROJECT

WORKBOOK

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The Daddius Project Workbook

Here's where the rubber meets the road. Something will only change when something changes.

This workbook is to help you keep all your Daddius Project work in one place and KEEP you ACCOUNTABLE.

Once you finish a chapter in The Daddius Project, immediately open this workbook and start working on the project. If you leave it until later, it is unlikely to be done and you'll miss out on the positive results from doing the work.

Some projects take only moments to complete, while others could take a lifetime. The key is to do your best with each Daddius project, and allow for progression. Done is better than perfect.

Every day is a chance to improve.

So let's get started.

INTRODUCTION

Daddius Project #1

Community needs to be set up and put into play immediately to make this experience optimal for you.

Surround yourself with Dads who also want to improve in all areas of Dadhood. We have set up a free private Facebook group called The Daddius Project - Where Conscious Dads Connect and Collaborate.

There are already thousands of Dads in the community. You can immediately join this safe environment for connection and support as you improve yourself. It is a perfect combination of humility and testosterone.

Look it up now on Facebook and join!

Community is vital to our success. Participate in the group by reading, commenting, and posting. Make community happen right away!

Remember, we are stronger together.

- ☐ Joined Facebook group on (write date): _____

Daddius Project #2

1. On a scale of 1- 10, how committed are you to being physically present and engaged in your child's life?

   Score out of 10: _____

2. Which statistics in Chapter 2 impacted you the most and why?

3. Name two other Dads you think are committed to being a great Dad. Send them a message to help support you in your journey. Below is an example of a message you could send them. You can tweak it if you like or use it exactly as written.

   "Hey (name), I'm reading this book called The Daddius Project, and it's asking me to connect with a close friend who is also committed to being a great Dad. Would you be willing to message me once a week for accountability and to check in on how I am doing?

   Name of Dad: _____

   ☐ Message sent

   Name of Dad: _____

   ☐ Message sent

If you can't think of a Dad you can message, use The Daddius Project Facebook group. You can post, "I'm doing The Daddius Project and looking for another Dad who would be willing to message me weekly for accountability and to check in with how I am doing?"

Name of Dad that agreed to check in with me weekly:

1. _____

2. _____

☐ Project Complete? Check the box

Daddius Project #3

In everyone's life, some things are going well and some are not. For example, you may be healthy but struggle financially to put food on the table. You may have a great relationship with your kids but struggle with intimacy with your wife. A powerful exercise is to identify the areas in your life that are not working well or that you know need improvement.

Which of the P6 do you feel is weaker for you? There may be more than one. You can list them in order from weakest to strongest. Here is a quick summary of each for reference.

1. **P1 Power** - Your purpose, mission, values, beliefs, integrity and taking responsibility.
2. **P2 Performance** - Health (physical, mental, emotional) and its impact on life performance.
3. **P3 Parenting** - Your impact on your kids and your relationship with them.
4. **P4 Prosperity** - Income generation and safety nets.
5. **P5 Passion** - Your intimate relationship
6. **P6 Play** - Your hobbies and having fun

Weakest to Strongest:

P____ (Weakest)

P____

P____

P____

P____

P____ (Strongest)

Got your list?!! Great! Now, take a moment and write down what you are experiencing in each pillar you feel isn't working as well as it could.

What can be improved? Write in your thoughts for each of the P6. Start with the Pillar you feel is the weakest and end with the strongest.

Weakest

P____ - _____

P____ - _____

P____ - _____

P____ - _____

P____ - _____

P____ - _____

Strongest

Take a moment and reflect on what you have written. Don't try to fix this yet, we will come back to this later. For now, just explore what isn't going well and get it down on paper.

A. Which of the P6 are you doing the best in? Why are you doing so well in that one?

B. Which of the *P6 of Daddius* do you need to work on the most?

C. What do you think being a Dad is all about? What is your Dad "philosophy"? Don't think of "philosophy" as something that only stuffy academics discuss while sitting in armchairs wearing tweed coats and smoking tobacco pipes. Your philosophy is the way you view the world. You, without a doubt, have a philosophy that defines who you are, how you think and the decisions you make. The problem is when your philosophy unconsciously runs your life. You may not even be aware that it exists at all. Even worse, it could be running in the background like a

computer virus corrupting your internal files and contributing to your making stupid decisions. In this exercise, we want you to bring your philosophy of being a Dad to the forefront so you are clear about how you view it.

You can start by writing this statement, "I believe being a Dad is…". Fill in the rest yourself. Once you've written it down, take a moment to reflect. Is there something you would like to add, take out or change? Perhaps you are now aware of a limiting belief you have about what it means to be a Dad. Look at what you wrote and see if you can open up some new possibilities for being a Dad.

I believe being a Dad is…

☐ Project Complete? Check the box

Daddius Project #4

Go to Daddius.com and click the Daddius Score icon on the main page.

Rate yourself out of 10 for each question.

Your score in each of the P6 gives you your coordinates and overall position.

Once complete you will receive an email with your score for each of the P6 and your total Daddius Score.

Transfer your Daddius Score results to this workbook.

Don't be concerned if your score is lower than expected, as it is not uncommon. Remember, there hasn't been any way for Dads to objectively determine how they are doing until now. Don't expect to be a master of all 6 pillars at this stage. There are likely going to be unforeseen blindspots and obstacles to conquer first.

Regardless of your current score, the goal is to improve drastically as you complete the Daddius Project. Our data shows that Dads who complete all the Daddius Projects have a massive improvement in their scores, which equates to a massive upgrade in their lives.

Write down your scores here:

P1- Power Score: _____

P2- Performance Score: _____

P3- Parenting Score:_____

P4- Prosperity Score: _____

P5- Passion Score: _____

P6- Play Score: _____

Overall Daddius Score: _____

- ☐ Project Complete? Check the box

Daddius Project #5

Answer these questions using your Daddus Score results.

1. What pillar scored the highest? _____

2. What pillar scored the lowest? _____

3. Was there a particular question you rated yourself extremely low? What was it?

4. Were there questions that surprised you, which one, and why?

5. Did you have a blindspot exposed that you didn't consider before? If so, write it down here.

6. Are you willing to prioritize areas in which you have scored low? Yes or No. If Yes, why? If No, why not?

☐ Project #5 Complete? Check the box

Daddius Project #6

Looking at your Daddius Score, pick one area to work on, and apply the *Success Formula*.

Which of the P6 did you choose?

Write it here: _____

Reminder, the *Success Formula* is as follows:

1 - Plan

2 - Prioritize

3 - Precision

4 - Produce

5 - Persist

2. Write a simple **plan** to improve on that pillar.

3. If you need more time available in your life to implement your plan, create your "Where you spend your time" Inventory List and use the Priority Quadrant to identify where you can free up time.

Where You Spend Your Time Inventory List

Work day

Activity Time Spent

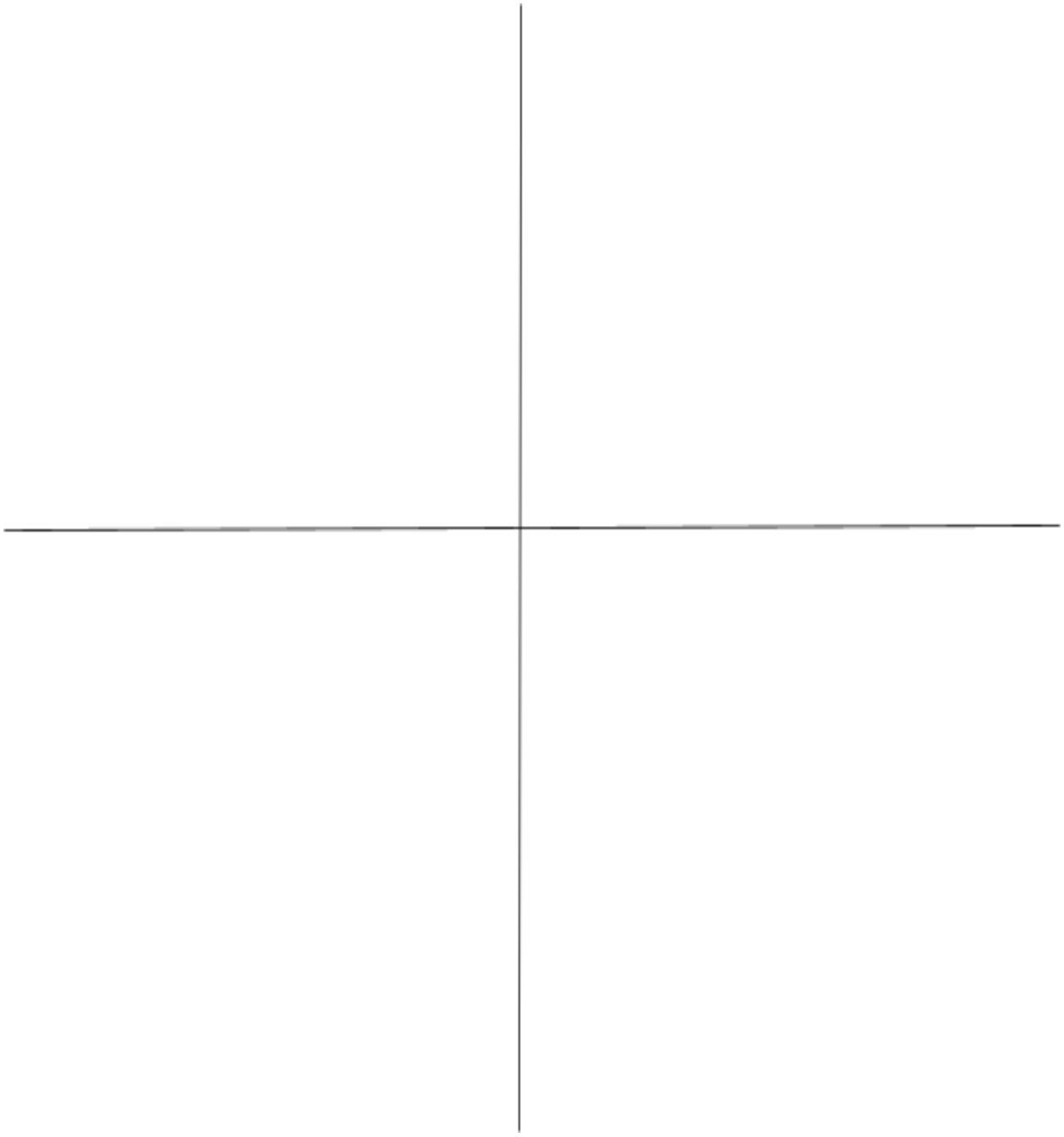
Non-Work day

Activity Time Spent

4. **Prioritize** your plan by using the Priority Quadrant.

Urgent and Important

Not Urgent and Important



Not Important and Urgent

Not Important and Not Urgent

5. **Precision**. Create a list of your action steps and write the **exact** day and time you will take action on each item into your calendar. If you need to do the action daily, have it as a reminder each day.

Please list your action steps in the area provided below. Once listed, add them to your calendar in the appropriate time slot.

6. **Produce**. When the day and time comes, follow through with your commitments, be **Productive,** and get the action done.

7. **Persistently** schedule and execute the actions required to achieve what you desire. When you miss a commitment, don't beat yourself up. Forgive yourself and re-commit.

Use the simple tick box below to stay accountable for what you said you would do for 1 week. Tick the box if you achieved your tasks for the day.

1. Monday
2. Tuesday
3. Wednesday
4. Thursday
5. Friday
6. Saturday
7. Sunday

How'd you do with your week?

☐ Project Complete? Check the box

P1 - POWER

Daddius Project #7

Complete the following questions:

1. **Vision -** Write down your *vision* for your life.

Imagine a time in the future when you have created what you want. Imagine how you look and feel. What are your interactions with your wife and kids? Picture how your life's work has come to fruition. Where do you live? How are you enjoying yourself? What activities are you doing?

Remember, this is your forecast of how you want your life to be. You create this.

Example: In 2019 Ev wrote this vision statement. It is 2025, and I see my family playing in the waves in Costa Rica. We relocated there to pursue my wife's passion for helping horses with Chiropractic care. We live on a property overlooking the ocean within a wonderful community of conscious, happy, and healthy people contributing to improving the planet. I spend most of my day outside, enjoying the ocean, doing yoga, or in the jungle. I'm building my online businesses to help people all over the world.

Now write yours.

My Vision:

2. **Purpose -** Write down your *purpose*.

Your purpose is "why" you are going on this journey to achieve this vision in the first place. Why do you want what you do?

Ev's example: I do what I do because I want my wife and I to live long, active, and productive lives and give our children the best opportunity to do the same. Living in the environment of Costa Rica as our home base will make me feel like I've accomplished what is most important to me as a Dad, husband, and personal advocate.

Now write your purpose.

My Purpose:

3. **Mission -** Write down your *mission*.

How are you going to fulfil your *purpose*? What is the unique path or roadmap you have chosen to get there?

Example: My *mission* is to buy land in Costa Rica by 2022, build a house by 2025, and spend the winter months there homeschooling our kids while my wife immerses herself in her new career with horses.

Now write your mission.

My Mission:

4. **Values -** Write down your top five *values.*

Your *values* are what you hold to be most important in life. In this exercise, we want you to write down your top five *values*.

Example: My top five *values* are family, health, freedom, relationships, and playing full out in life.

Now list your top five values.

List of possible *values* to choose from:

1. Achievement
2. Ambition
3. Adventure
4. Bravery
5. Collaboration
6. Creativity
7. Curiosity
8. Empathy
9. Excellence
10. Fairness
11. Family
12. Freedom
13. Friendships
14. Flexibility
15. Growth
16. Happiness
17. Hard work
18. Health
19. Honesty
20. Humility
21. Innovation
22. Integrity
23. Intuition
24. Kindness
25. Knowledge
26. Leadership
27. Loyalty
28. Motivation
29. Open communication
30. Optimism

31. Passion
32. Patience
33. Playing full out
34. Popularity
35. Power
36. Professionalism
37. Punctuality
38. Quality
39. Relationships
40. Reliability
41. Respect
42. Responsibility
43. Safety
44. Security
45. Spirituality
46. Stability
47. Success
48. Tenacity
49. Time management
50. Wealth
51. Wisdom
52. Work-life balance

My top 5 *values* are:

1. _____
2. _____
3. _____
4. _____
5. _____

Now that your *values* are written out, do they align and support your *vision*? Or do they work against your *vision*? Write your thoughts below.

5. **Beliefs** - Now, it's time to explore your *beliefs*. Your *beliefs* are the assumptions or perspectives you hold to be true and result from your past experiences. Your *beliefs* can be blind spots until you are asked specific questions to uncover them. Uncovering them is necessary, as a *belief* can act as a glass ceiling keeping you from reaching the next level.

Here are a series of questions to help you determine your *beliefs*. This might take some time, but it is worth it. You will discover the importance of *beliefs* and how they govern your life.

1. What is your *belief* about money acquisition? Is making money easy or hard?

2. What do you believe your value is if someone is to pay you for your services? (ie. Per hour, per job, per year)

3. What is your *belief* about what a good marriage should be?

4. What do you believe intimacy is with your wife?

5. What is your *belief* about how a relationship between a Dad and his kids should be?

6. What do you believe your role is as a Dad?

7. What is your *belief* about how long you will live?

8. What is your *belief* about how you should look and feel now and 20 years from now?

9. What is your *belief* about how much energy you should have?

10. What is your *belief* about how much time you should spend with friends?

11. What do you believe about the importance of spending time on hobbies or other leisure pursuits?

12. What is your *belief* about the importance of daily exercise?

13. What is your *belief* about what your financial future will be?

14. What is your *belief* about the likelihood you will achieve your vision?

Review your answers and determine if your *beliefs* are limiting you or could impact your ability to achieve your vision.

6. Last step. Share your *vision, purpose,* and *mission* with at least one person, preferably your wife or partner, accountability buddy or someone close to you.

☐ Project Complete? Check the box

Daddius Project #8

The Daddius POWER Exercise (Daddius Power Statement - DPS)

I want you to create a Daddius Power Statement specifically designed to inspire you to take action each time you read it.

I recommend you have this Power Statement copied and posted in a few places where you can be reminded numerous times throughout the day. It won't take long for you to memorize this Power Statement. As a result, you'll be able to recite it whenever you want or need to.

Here's how it works:

Create three lists of 5-10 words/phrases describing how you would like to see yourself. The first list is adjectives that describe you. The next list is nouns. And the final list is verbs. If you don't know what an adjective, noun, or verb is, you'd better find out because you'll need to know for your kid's homework soon enough! We'll make it easier for you by supplying a sample list of words/phrases. Feel free to use any of these words or add to these lists with your own words.

Examples of adjectives (pick top 5): fearless, brilliant, fun, focused, authentic, legendary, positive, loving, happy, real, grateful, confident, strong, talented, courageous, loyal, brave, charismatic, giving, dynamic, classy, bold, magnetic, awesome, sexy, magical, inspiring, empathetic, strong, elite.

Examples of nouns (pick top 3): badass, confident, visionary, innovative, game changer, listener, investor, friend, Dad, mentor, disruptor, giver, creator, producer, professional, leader, initiator, mediator, achiever, diplomate.

Examples of verbs (pick top 3): leads by example, inspires others, makes a difference, creates a legacy, manifests greatness, electrifies people, plays full out, goes above and beyond, shows up in life, perseveres, and breaks barriers.

Once you have your top five adjectives, top three nouns and top three verbs that resonate best with you and how you would like to see yourself, **fill in this sentence:**

I, (your name), am a (adjective 1), (adjective 2), (adjective 3), (adjective 4), (adjective 5), (noun 1), (noun 2), (noun 3), who (verb 1), (verb 2) and (verb 3), and I am powerful beyond measure!

Here is my statement as an example:

I, Scott Vatcher, am a confident, positive, grateful, inspiring, badass visionary innovator who manifests greatness, leads by example, and plays full out in life, and I AM POWERFUL BEYOND MEASURE!

Now complete your Power Statement:

I, _____, am a _____, _____, _____, _____, _____, _____, _____, who _____, _____ and _____, and I am powerful beyond measure!

Once completed, stand up tall and read yours aloud.

How does it make you feel when you read your Daddius Power Statement? It should help you feel ready to ditch the fear and take on the next step in your vision. Read this sentence aloud to yourself a minimum of once per day. At some point, you will be able to just think of the statement and instantly feel a shift in your POWER!

☐ Project Complete? Check the box

Daddius Project #9

1. Review the beliefs you wrote down to the 14 questions you answered from Daddius Project #7. Determine if those beliefs are empowering or disempowering for you. Can you create a new story about that experience that looks at it differently and empowers you? Give it a try. Remember, "Done is better than perfect!"

Write here a belief that you feel is disempowering you. Write a new story about the experience that formed that belief that looks at it differently and empowers you.

2. For the next three days, closely monitor the questions that you ask yourself. Write them down and determine which questions are disempowering/sabotaging you. Dive deeper into that question to determine what belief is underlying it. Then, take that belief and repeat the process from #1 of this project and rewrite the story behind it so it empowers you.

Top 3 sabatoging or disempowering questions you ask yourself:

1. Question one you ask yourself?

Underlying belief

New empowering story:

2. Question two you ask yourself?

Underlying belief

New empowering story

3. Question three you ask yourself?

Underlying belief

New empowering story:

☐ Project Complete? Check the box

Daddius Project #10

Keep your Power strong by making these two agreements with yourself every day you wake up. Say these 2 phrases in the morning when preparing for the day.

1. I am 100% responsible for my life
2. I embody integrity every single day

And each night when you go to sleep, ask yourself these two questions:

1. Did I take responsibility in my life today, or did I avoid responsibility or even play the role of the victim? How can you take responsibility for your role in the situation and maintain your POWER as a result? Write your thoughts below

2. Did I conduct myself with integrity today or fail to follow through with my commitments? If you didn't follow through with a commitment, make a note in your calendar for the next day to clear it up with those involved and recommit to follow through. This will maintain and build your POWER.

☐ Project Complete? Check the box

Daddius Project #11

Fill out the chart below. In point form, write out everything you do in a week down the left-hand side. On the right-hand side, write 'D' for distraction or 'A' for Alignment with your BIG SEVEN (Vision, Purpose, Mission, Values, Beliefs, Integrity and Responsibility) for each item on the left.

What I do in a day	D or A

How many D's do you have? _____

For each distraction, determine if it could positively influence your BIG SEVEN if done strategically, such as merging it with something you can not avoid, such as your commute to work or folding laundry. Hence, this would help with your P6 score. For example, watching the Toronto Raptors elevates my PLAY score and does not detract from my BIG SEVEN when done while washing dishes.

Are there distractions you can shift to elevate your P6 score? Y / N

Are there distractions that will remain detrimental to your P6 score unless removed from your life? Y / N

Either find a way to strategically make that distraction elevate your P6 Daddius Score or remove the distraction. For example, you watch the news daily to stay informed on current events but feel stressed out after watching. Perhaps you want to be in tune with certain aspects of the news but don't need all the extra stress of seeing the things you don't want. An alternative could be to stop watching the news and instead follow X pages (formally known as Twitter) on your areas of interest. This keeps you focused on what matters to you while saving time and energy by not stre what is lacking and ing about things you'd rather not.

What distractions can I shift and what do I need to eliminate?

☐ Project Complete? Check the box

P2 - PERFORMANCE

Daddius Project #12

Let's do a self-evaluation.

Take a moment right now and check in on your level of Performance.

1. Are you currently operating at a Performance level that allows you to effectively and efficiently achieve what you want?

2. Are you doing what is necessary to be your best on a Performance level? If not, why?

3. What can you do better to improve your performance?

4. What belief is stopping you from taking action?

5. What can you do to rectify that limiting belief right now?

6. Are there conversations you need to have so you can move forward?

7. Are there things you need to research so you can move forward?

8. Do you need a coach or some type of assistance to improve performance?

Check out Daddius.com under Performance if you need assistance with getting your Performance on track.

☐ Project Complete? Check the box

Daddius Project #13

Take a few minutes to develop a list of 8 to 10 IDEAL priorities in your life. This is a list of what you want to achieve and be proud of. Write them on the left side of the page. On the right side of the page list what you are actually doing in a day. These are your REAL priorities. You can reference your "where you spend your time inventory list" from Chapter 6 to assist you here. It would be best to include what you are doing on workdays and non-workdays. Also on the right side of the page include roughly the time each item takes. For example, get ready for work - 1/2 hour, breakfast - 15 minutes, drive to work - 30 minutes etc…

IDEAL PRIORITIES	REAL PRIORITIES	TIME SPENT

Once you have written out your two columns, review the two sides and circle where there are overlaps between your IDEAL and REAL priorities and draw a line connecting the two circles. Also, notice where there isn't overlap. Perhaps you are spending too much time on things that aren't related to any IDEAL priorities, or you have listed IDEAL priorities that are not getting any time or effort!

Now, take a minute to reorganize your schedule, so your REAL priorities (what you do daily) align better with your IDEAL priorities. Where can you change or delete some of your REAL priorities and then add things that will contribute to your IDEAL priorities? For example, if you are commuting an hour for work while listening to the radio, that time could be used listening to

podcasts that educate you on something that is an IDEAL priority. Here is a blank slate to make modifications.

IDEAL PRIORITIES	REAL PRIORITIES	TIME SPENT

Make sure you have time in your schedule to improve or maintain your Performance to support your participation in your IDEAL priorities. This could include having a nutritious breakfast and preparing a lunch and snacks to bring to work. It could consist of 20 minutes of working out a day. It could mean 20 minutes of meditation a day. It could mean scheduling your sleep and wake cycles so you establish a steady circadian rhythm. It could mean booking a daily check-in with your accountability buddy or coach to keep you on track with your commitments. It is a REAL priority once it is in the schedule and being done.

☐ Project Complete? Check the box

Daddius Project #14

Below are three equal columns with the headings "ALWAYS," "SOMETIMES," and "NEVER." Write down what you have consumed (food, fluids, drugs, etc) over the last few weeks in the appropriate column. Once you clearly state what you have been doing, make a new set of three columns with what you will commit to moving forward.

What I have been doing:

ALWAYS	SOMETIMES	NEVER

What I'm committed to in the future:

ALWAYS	SOMETIMES	NEVER

☐ Project Complete? Check the box

Daddius Project #15

This Daddius Project is a two-part exercise in developing greater self-love. It involves only you and a mirror. It's bloody powerful. Don't skip this. Make sure you have a few minutes for each and be alone for this one. Once completed, you can tick the box below.

Part 1

Strip down as naked as the day you were born. Stand in front of a full-length mirror and look at yourself. I mean, really look at yourself. You likely have areas of your body you don't like or are even ashamed of. It could be that Dadbod gut that you have been carrying around for years or those manboobs that stop you from taking off your shirt at the beach. Whatever tit is (pun intended here, this is not a typo), look closely at it and OWN THAT SHIT. Take full responsibility for it. Accept it. The only way things change is first by acceptance of truth.

This exercise will need to be repeated regularly to start to take effect. The first time you do it, you will feel like an idiot and judge yourself. Probably the second and third time as well. With persistence, you will learn the subtle art of self-acceptance and stop negatively judging yourself. Accepting where you are in life doesn't mean you must like it or remain that way. It can be the opposite. Accepting the truth (not sticking your head in the sand and pretending it doesn't exist) is a significant step toward transformation.

- ☐ Project Complete? Check the box

Part 2

For this exercise, you don't need to be naked (although you can be if you want to). Stand in front of a mirror. Stand fairly close so you can see your face quite well. The first time you do this exercise, take a minute and notice what you look at when you stare at yourself. I'll bet it is your beard or nose hair, or maybe you'll fix your hair (if you have any). Now, notice how rarely you look at YOU directly in the eyes.

They say the eyes are the window to the soul. In this case, whoever 'they' are is right. When you are ready, take a deep breath and look yourself directly in the eyes. Sounds easy. It isn't. When you do this, there is nowhere to hide from yourself anymore. It's just you peering directly into your soul. It can be extremely confronting and challenging. You may feel some of your insecurities or indiscretions come to the forefront, hear some of your negative self-talk, or feel shame for some of the things you've done in the past. Listen politely and tell that voice to fuck off. Keep looking at yourself.

If you thought this was hard, let's take it one step further. While looking yourself directly in the eyes, say these three little words. Say them slowly and as genuinely as possible. Do it even if you feel you don't mean it right now. One day, you will. Deep breath in and say, 'I LOVE YOU.' Be prepared to cry here. I did the first time I did this exercise. Emotions may come flooding through you. They might be positive or negative emotions. Either way, be with yourself and keep looking at your soul as you experience whatever is happening. With time, this will be a powerful step towards self-love. Please continue to do this check-in daily and make it a habit to practice regular self-acceptance and self-love.

As you practice Part 2, you may be confronted with thoughts or ways you behave that are not aligned with loving yourself. Be patient as you discover these. You may uncover layers of beliefs attached to self-limiting or self-destructive habits. Discovering how we have been treating ourselves all these years can be emotional and painful, but it's worth it.

- ☐ Project Complete? Check the box

Daddius Project #16

Track your sleep. What you need to know is:

1. The time you go to sleep and wake up daily, giving you a total sleep time.
2. Number of times you wake up at night (not an exact number, but more of an idea).
3. How rested and restored you feel in the morning.
4. What may have improved or declined sleep quality

A sleep tracker on your phone may provide a lot of helpful information. As we mentioned, electronic devices at the bedside are a no-no, but doing this for a few nights to gain awareness can be beneficial. You can also do this in airplane mode to limit the adverse effects of EMF.

Check out the different types of apps on your phone or watch and download one. I have used Autosleep with my Apple Watch and am presently using a Garmin, and they have both been pretty amazing. They track the time you have slept and the different stages of sleep.

If you don't have access through your watch or phone, you can "old school" it with a handy piece of paper and a pen. It won't give you detailed analytics, but you can get a sense of how much you sleep and how you feel the next day by tracking your sleep and Performance for the next one to two weeks.

Date:	Time to Bed	Wake up Time	# of wakeups	How I feel in morning	What may have improved or declined sleep quality

☐ Project Complete? Check the box

P3 - PARENTING

Daddius Project #17

A. Look at your relationship (past or present) with your own Dad and consider these questions.

1. Did your Dad's behaviours help or hinder you in developing self-love?

2. Are you repeating your Dad's behaviours with your kids? Is that a good or bad thing?

3. Do you know how your Dad was raised? Was it in an accepting, loving home? Or not?

4. Do you believe that how your Dad was loved and accepted as a child had an impact on how he was a Dad to you? How so?

5. Will you repeat the patterns of love and acceptance you had from your Dad with your kids? If not, what will you change?

6. If you lacked love and acceptance in your relationship with your Dad, will you practice learning to love yourself so that you can love your children more deeply?

B. What would you want your kids to say about you at your funeral? Do you think that's what they would say if your funeral was tomorrow?

☐ Project Complete? Check the box

Daddius Project #18

Try this project for one week. Take time each day to schedule the next day. I do this in the evening and find it incredibly effective. It takes as little as 5-10 minutes and will profoundly affect your productivity, connection with family, and life enjoyment. Remember to schedule space in your schedule so there is breathing room and to avoid rushing from thing to thing. Also, schedule quality connection time with your kids and partner.

There is an art to scheduling. Practice will help determine how much time to dedicate to specific tasks. People tend to overestimate what they can do in a day and underestimate what they can do in a year. Stick with it and modify it as you learn. You'll be glad you did!

Here are some guidelines that can help you. Do this at night before bed so you can hit the ground running in the morning.

1. Write down the "top 3" non-negotiable things to achieve for the day. Add other tasks that would be good to achieve, but only if they don't impact time on your top 3, and the time scheduled with your kids or partner.
2. Plan time to be present with your kids.
3. Plan time to connect with your partner.
4. Coordinate with your partner/wife so that you are on the same page.

Here's an example of a template you could use. Don't get hung up on the numbers. If you have one for each section it can still be a productive and fulfilling day.

Top 3 Non-negotiables:

1. _____
2. _____
3. _____

Time with kids:

1. _____
2. _____
3. _____

Time with partner:

1. _____
2. _____
3. _____

☐ Project Complete? Check the box

Daddius Project #19

Here are two ways to create a greater connection with your kid(s).

A. Create your GO-TO list to connect with each kid. Aim to have three to four ways to connect with your child. Have it at the top of your mind every day so that you can integrate it regularly, ideally as a ritual that they look forward to.

Top ways I want to connect with _____ (name of child):

1. _____
2. _____
3. _____
4. _____

Top ways I want to connect with _____ (name of child):

1. _____
2. _____
3. _____
4. _____

Top ways I want to connect with _____ (name of child):

1. _____
2. _____
3. _____
4. _____

B. As Dads, we sometimes struggle with knowing what questions to ask our kids to get them to open up so we can get to know our child better. Here are a series of questions you can ask them.

1. What is your favourite memory of us together?
2. How am I doing as Dad? Rate it on a 1-10 scale. What could I do better?
3. What makes you laugh?
4. What makes you sad?
5. What is your favourite thing to do with me?
6. What makes you feel loved/special?
7. What is the one thing you want to learn right now?
8. Who is your best friend right now?
9. What's something you did today to help someone else?
10. What is the most important thing for me to do as a Dad?

Circle which of the above questions you want to engage in with your children.

Below is additional space for other questions you may want to ask.

1. _____
2. _____
3. _____
4. _____

Kids live "in the now," and their answers may surprise you for good or bad. You may not get the answer you hoped for. If this is the case, it can be very confronting and even gut-wrenching. You might get the answer that you are rating a 2 out of 10 as a Dad. That's hard to hear, really hard. But it also allows you to connect with your kids, discover why, and improve. Or it may be just because you didn't give them ice cream after dinner!

Their answers may not make any sense at all, and they may be different answers today than they are tomorrow. They will sometimes have you laughing and possibly sometimes crying. That is why these questions can be so important to ask regularly.

There are two keys to getting the most out of these questions:

1. Listen. Don't interrupt; let your kids finish their answers. When they finished, explore the answer further for clarity by asking more questions.
2. If the answer you get is shocking or appalling, don't show your reaction right away. Take your time and explore it. If you get visibly angry or defensive about the answer, it may shut them down emotionally, and they won't want to open up to you in the future.

☐ Project Complete? Check the box

Daddius Project #20

A. What one or two things are you doing with your time that you know is doing you no favours? Maybe you're arguing with people online or smashing three episodes a night on Netflix. Cut that shit out. Instead, listen to a podcast or learn to play a new instrument or language. Find something both fun and productive. Don't waste your precious time with useless stuff. What are you going to cut out?

   1. _____

   2. _____

B. We started working on creating your daily plan in Chapter 18, and here we will go a step further. These are all the things I consider when planning for the next day. It keeps me on track and stops me from filling my time with unproductive nonsense.

   1. 20 minutes of exercise
   2. 20 minutes of personal growth (reading or podcasts)
   3. Nourishing meals & snacks
   4. Three critical tasks for the day
   5. Connection time with wife
   6. Connection time with kids
   7. Plan the next day
   8. Bedtime/wake time
   9. Other: _____
   10. Other: _____
   11. Other: _____
   12. Other: _____

If you want to include other things, go for it! The key is to plan every day the night before. Make it non-negotiable. As you follow your plan, notice how much more focused, relaxed, and productive you are. Notice how you are "finding the time" to get your stuff done and connect with your kids and partner. Being productive with your career, health, and family connection feels fantastic.

☐ Project Complete? Check the box

Daddius Project #21

A. Have a conversation with your partner about disciplining your kids.

1. Talk through the different types of disciplinary options.
2. Agree on which ones you will use and when.
3. Discuss the process of teaching your kids how to make a complete apology, as discussed in this chapter. Form an agreement about the method you will use.

Notes:

B. Do you have any habits you need to change that show your lack of self-discipline? What are they? Are you committed to changing them? Tough questions, I know, but this is big. If you aren't leading the way in self-discipline, your kids won't either.

Habits I need to change/break/become more self-disciplined in:

1. _____
2. _____
3. _____

☐ Project Complete? Check the box

P4 - PROSPERITY

Daddius Project #22

Developing a Financial Abundance Mindset is critical to plugging the holes in your wealth bucket. Try this task to help you achieve this Mindset!

A. Take a minute and write your Napolean Hill, Think and Grow Rich, wealth statement now:

> "By the _____ day of _____ 20_____, I will have in my possession $_____, which will come to me in various amounts from time to time during the interim. In return for this money I will give the most efficient service of which I am capable, rendering the fullest possible quantity, and the best quality of service in the capacity of (describe the service or merchandise you intend to sell). _____
>
> _____
>
> _____
>
> _____
>
> I believe that I will have this money in my possession. My faith is so strong that I can now see this money before my eyes. I can touch it with my hands. It is now awaiting transfer to me."

B. All of the below-listed millionaire mindset statements are in the first person for a reason. Read them aloud every day and take them on as personal affirmations.

1. I take responsibility when things don't go my way and not blame others.
2. I set targets, plan steps to achieve those targets, and take action.
3. I have a reason for wanting to be wealthy that evokes an emotional response within. This energy fuels my action and resiliency.
4. I am committed to consistency. I put in the time and effort to achieve success day after day.
5. I scale and leverage where possible. I ask questions like, "How can I create value for more people with the same amount of effort, or less, by collaborating with other people?"
6. I am open to opportunity. I am willing to listen and consider what comes my way.

7. I understand that wealth is only sustained with the mindset that can contain it, hence sustaining wealth is looked upon with respect.
8. I am selective about what influences my life. I carefully select the people and media that will enter my environment because my environment is like soil that can become contaminated by the wrong sources of information and knowledge.
9. I am proud to share the value I bring to the world.
10. I approach challenges as opportunities to learn, grow and enhance. It is through this learning that improvements are made and businesses become more efficient.
11. I am OK to ask for the sale. I actually expect to make the sale.
12. I manage my money. I know how much money I have coming in and what I am going to do with it.
13. I understand tax laws and find legal ways to minimize tax expenditures (or know people who can do that for me).
14. I reinvest my money so that my money works for me.
15. I act, even in the face of resistance or fear, on the path to wealth.
16. I am always a student, always looking to grow, learn and innovate.

☐ Project Complete? Check the box

Daddius Project #23

Lots to do here, Dads. Don't just glaze over and say, "I'll get around to it someday," and go to the next chapter. This is absolutely necessary. Get to it now.

A. Calculate your average monthly expenses and income to determine your monthly budget. Use an average of your expenses for the past three months for accuracy.

   Average monthly expenses: $_____

   Average monthly income: $_____

   Notes:

B. Set up your forced safety net savings account. Figure out how much you can manage to set aside each month and set up an automatic monthly withdrawal to an account you won't use.

   Amount I have programmed to automatically be set aside each month into a

   forced safety net savings account: $_____

C. Create a will and power of attorney. Done: Y / N

D. Determine which insurance you need and how much coverage you need and start them.

   Insurance Checklist (NA = not applicable)

   Car insurance: Done: NA / Y / N (if No set completion date: _____)

   Home Insurance: Done: NA / Y / N (if No set completion date: _____)

   Life Insurance: Done: NA / Y / N (if No set completion date: _____)

Disability Insurance: Done: NA / Y / N (if No set completion date: _____)

Health Insurance: Done: NA / Y / N (if No set completion date: _____)

E. Check your credit rating and get it in order by making payments and then asking for the delinquency note to be retracted once the account is settled. Done: Y / N

NOTES:

☐ Project Complete? Check the box

Daddius Project #24

Answer these questions and take the appropriate actions:

A. Which of the income models are you currently participating in? Circle what applies to you.

1. Employee Income Model
2. Self-Employed Income Model
3. Business Owner Income Model
4. Network Marketer Income Model
5. Real Estate Investor Income Model
6. Money Investor Income Model

B. Do you feel the need to diversify income models? Yes / No

C. Which income model do you want to add (or remove)? Again, circle which applies to you.

1. Employee Income Model Add / Remove
2. Self-Employed Income Model Add / Remove
3. Business Owner Income Model Add / Remove
4. Network Marketer Income Model Add / Remove
5. Real Estate Investor Income Model Add / Remove
6. Money Investor Income Model Add / Remove

D. Create a plan below with a timeline and action steps.

Plan: write a concise plan on what you want to achieve with income models.

What are the 5 Action Steps you can take to get you started:

1. _____

2._____

3._____

4._____

5._____

Timeline to complete action steps and overall plan:

Overall plan completed by:_____

Action step 1 completed by: _____

Action step 2 completed by: _____

Action step 3 completed by: _____

Action step 4 completed by: _____

Action step 5 completed by: _____

☐ Project Complete? Check the box

Daddius Project #25

A quick online search should determine which tax brackets and percentage tax apply to you for where you live. Determine the following:

A. What tax brackets apply to your income? Income tax rates are usually tiered. As your income increases, you enter higher tiers with a higher tax percentage.

   Some countries have a national income tax and regional income tax.

   Pay attention to what income puts you in the tax bracket above and below your current tax bracket so that when you determine your net income for the month, you'll know if your percentage has changed. For example, let's say you owe 15% tax on your first $50,000 of income, and for anything over $50,000, you will owe 20% tax. This is essential knowledge for tax planning purposes.

   We have provided two tax bracket lists for you.

National (Federal) income tax	Regional (state or provincial) income tax
Tier 1 _____	Tier 1 _____
Tier 2_____	Tier 2_____
Tier 3_____	Tier 3_____
Tier 4_____	Tier 4_____
Tier 5_____	Tier 5_____

   Calculate your total income tax using your Net Income

National (Federal) Tax / yr	Regional (state or provincial) income tax
$_____	$_____

B. Create a separate high-interest earning "tax reserve" bank account, and each month, set aside the income tax money you will be paying to the government. If you can automate this, even better.

☐ Project Complete? Check the box

Daddius Project #26

A. Create a financial mastermind group to surround yourself with people who have common financial goals and can hold you accountable for helping you reach them. This will be a completely different mastermind from, for example, a health mastermind, where you have people with the common goal of getting and staying healthy. This mastermind is specifically for financial and business purposes.

The key to a good and productive mastermind is structure. You don't want it to turn into a loose social gathering where you shoot the shit for a while, have a coffee, and end up getting nowhere closer to your goals. As discussed before, this is where "discipline creates freedom." Be diligent with the process, and it will pay dividends (literally!). If you want to be social afterwards, that's fine; don't do it during the meeting.

Before each meeting prepare one to two topics for discussion and let each member have a chance to share. Passing around a talking stick with a time limit can often work well so everyone has an opportunity to contribute without interruption. Topics can include business development, real estate, investing, insurance, and generational wealth transfer to name a few. The topic for the meeting can also encourage the members to share goals, strategies, challenges and wins.

Who is part of your mastermind? It is recommended that a maximum of 5 people be involved.

1. _____
2. _____
3. _____
4. _____
5. _____

B. When do you meet? Ideally, a regular and consistent time that each member can commit to will work best.

C. What topics would you like to discuss in your first three meetings. Come up with a list of 3-5 main topics together with the others in the mastermind:

1. _____
2. _____
3. _____

☐ Project Complete? Check the box

P 5 - PASSION

Daddius Project #27

Be your wife for a day.

No….. I'm serious.

Talk with your wife about becoming her for a day. Have her map out what a day will look like and a "list of duties," then pick a day for it to happen, create a game plan, and execute. See how that goes for you. I guarantee that a day in her shoes will be an eye-opener. If you think you'll have her prepare all the meals in advance, have the laundry done, and the house spotless going into this experiment, that is NOT how this works. Have her give you the schedule, show you anything you need to know, and go for it! What is the worst that can happen?!

Ev became a stay-at-home Dad when his kids were 5, 4 and 2 years old. He went from working at the office most of the time to taking care of the household and working his other businesses from home. Good luck if you think you know what it takes to be home all day with the kids while keeping everything running smoothly with meals, laundry, grocery shopping, diapers, playdates, after-school programs, homework, and the crisis moments in between! Take it from him; having perspective on what it takes will work in your favour. Doing this Daddius Project will open your eyes to what it is really like. Having genuine compassion is vital; we can't when we have never experienced it.

Date I will "be my wife" :_____

Notes on experience:

☐ Project Complete? Check the box

Daddius Project #28

A. Take two minutes now, lie on your back with your hands at your side and practice box breathing. Afterwards, pay attention to how you feel overall and your breathing.

B. Consider a conflict you and your wife have had. What was your inner dialogue about who was right and who was wrong? What can you take responsibility for and vow to improve? If so, have a conversation with your wife today about it.

The conflict was:

My inner dialogue about who was right and who was wrong was:

What was my role in the conflict and how can I improve?

I shared my observations on my role and how I can improve with my wife: Y / N

☐ Project Complete? Check the box

Daddius Project #29

If you haven't already, score each of the **13 Foundational Elements for Passion** with a number out of 10. A 10/10 means you are a master at it, and 1/10 means you have a lot of work to do on that element.

For this project review each of the foundational elements as written in the book. A summary is listed below.

1. Treat her with respect and equality.

Score out of 10: ____

2. Make your marriage the greatest priority.

Score out of 10: ____

3. You have to *spend time* with her. Period.

Score out of 10: ____

4. When communicating, listening and understanding are top priorities.

Score out of 10: ____

5. Create a *team mindset* with your wife.

Score out of 10: ____

6. Make goals together.

Score out of 10: ____

7. Make decisions together.

Score out of 10: ____

8. Be open to new ideas and a change of mind.

Score out of 10: ____

9. Celebrate together.

Score out of 10: ____

10. Allow for growth in the relationship.

Score out of 10: ____

11. Give and take graciously.

Score out of 10: ____

12. Roll with the punches.

Score out of 10: ____

13. Raise your physical appearance and health.

Score out of 10: ____

What is your score out of 130? _____

Choose your bottom two scores and list 4 things you will do to improve each score.

The bottom 2 Scores are:

1. _____

2._____

4 things you can do to improve on for bottom score #1:

1. _____
2. _____
3. _____
4. _____

4 things you can do to improve on for bottom score #2:

1. _____
2. _____
3. _____
4. _____

☐ Project Complete? Check the box

Daddius Project #30

A. Take Gary's love languages quiz at daddius.com/resources. Do the quiz yourself and have your partner do it so you both know each other's love language.

My primary love language is:_____

My partners primary love language is:_____

Notes:

B. For a much deeper understanding of all the concepts described in this chapter, order the Five Love Languages ebook or paperback through Daddius.com/shop.

C. Once you know your partner's primary love language, ask her the most meaningful way to show your love for her in that language.

Notes:

D. Score yourself each day on how many times you show your love to her using her primary love language. Aim for at least 1 Love Point a day, forever! For the next three days list what you did to fill her love tank and the response you noticed from your wife.

Day 1:

Day 2:

Day 3:

☐ Project Complete? Check the box

Daddius Project #31

Set the timer on your phone for 24 hours and practice being genuinely curious for that period. Ask questions—lots of questions—more than you think is normal. Try this with your wife and kids, at work, and in other social circles. Don't stop there though, try being curious even with people you don't know when you are out and about (don't tell your kids to do this, though, haha). Listen intently and try to go deeper with your curiosity by asking more questions. See what you notice. You might be pleasantly surprised by what happens in those 24 hours.

During the 24 hours, pay attention to how genuine you are and be mindful of whether your curiosity is actually suspicion. If that's the case, take a moment to investigate what beliefs may be causing your suspicion. It may be connected to a more significant trust issue or a lack thereof.

What did you notice about being curious and asking more questions than usual?

Were you able to be curious in a neutral and relaxed way? Did you find yourself projecting judgment or becoming suspicious? What did you notice about yourself as you were being curious?

How do you think this skill of being curious can benefit your relationship with your wife?

☐ Project Complete? Check the box

Daddius Project #32

Determine which phase of sex drive you are in right now. Are you OK with where you are?

If you are feeling as though your sex drive has shifted, open up a dialogue with your wife about it. A conversation about what you are experiencing can help both of you navigate the changes. Make notes here about what you want to share with her.

- ☐ Project Complete? Check the box

Daddius Project #33

A. Using the list of questions and verbiage below as a guide, initiate a conversation with your partner that will help you understand her sexual needs and wants better. You can choose any or all of these or use your own questions.

1. How do you feel about sex?
2. When do you feel the most sexy?
3. Is there an activity that you do that you feel increases your sex drive, ie dancing, yoga, working out, etc?
4. Do you want to have sex more often than what we do currently?
5. In what ways do you subtly indicate you want to have sex?
6. What turns you on?
7. What can I change or start/stop doing that will increase your desire to be more sexual?
8. Do you have a preference in how I make sexual advances to you?
9. What's your favourite type of foreplay?
10. Do you like cuddling afterwards? If yes, do you like to fall asleep cuddling or cuddle for a few minutes?
11. Does it help you feel more sexy when wearing lingerie?
12. What's your favourite sexual position?
13. If you could have sex anywhere, where would it be?
14. Does the idea of sex with a risk of getting caught excite you?
15. What type of date do you like the most?
16. Would you rather we schedule sex or have it happen organically each time?
17. What sexual fantasies do you have?
18. What is your favourite part about being massaged that turns you on?
19. Do you like sex talk?

Notes:

B. To spice things up, pick something from the list below (or something altogether different if you choose) to try out with your partner.

1. More foreplay. Ie. Give her your undivided attention
2. Ask sexy questions to each other. I.e. Where is the wildest place you'd want to have sex?
3. Get away for a sexy weekend together
4. Buy her some flowers on a date that is not her birthday or Valentine's Day
5. Schedule sex. Works for some, not for others
6. Give her a foot massage. One thing could lead to the next…
7. Date Night. Or date day, or hour. Whatever you can fit in to take time away from the usual and create something special
8. Buy her some new lingerie
9. Don't be afraid to initiate foreplay. If the goal is more intimacy, then whether sex happens or not, it's a win
10. Offer to give her a full-body massage
11. Kiss her all over her body
12. Find some erotica stories and read them out loud to each other
13. Kiss for longer than 6 seconds
14. Agree to switch off all devices (phone, computer, screen, etc) one night a week and connect physically with touch. This could be gentle caressing or cuddling, which may or may not lead to sex.

Notes:

☐ Project Complete? Check the box

P6 - PLAY

Daddius Project #34

Take a few minutes to answer the following, then discuss your answers with your partner.

A. Write down the top three things that you would define as Play. It could be something that you do with others or on your own.

Top 3 Play for you:

1. _____
2. _____
3. _____

B. Rate each of these three things out of 10 based on your level of engagement in that area. 10 is being engaged to the level that works for you, and 1 is not engaged at all.

1. _____ Engagement -___/10
2. _____ Engagement -___/10
3. _____ Engagement -___/10

Notes:

C. Have your partner do the same with her top three things she would define as Play. Then, have her rate each of her top three out of 10.

Top 3 Play for your partner:

1. _____
2. _____
3. _____

1. _____ Engagement -___/10
2. _____ Engagement -___/10
3. _____ Engagement -___/10

Notes:

D. With your partner, discuss what you could do to support each other in having more Play in your lives.

Notes:

☐ Project Complete? Check the box

Daddius Project #35

A. Schedule a time each day to have some fun. Either Type 1 or Type 2 Fun; it doesn't matter. Give yourself 20 minutes a day as a guideline. Be sure to talk with your partner about what you are working on and coordinate so you both get that 20 minutes each day.

What I will do is:_____

I can schedule this at (time of day):_____

B. Choose a challenging Type 2 Fun goal in the next 90 days. It doesn't have to be precisely 90 days, but make it tough enough that you'll need some time to achieve it and not so far away that it feels more like a dream than a goal.

Here are some examples:

1. Run a marathon or a half marathon.
2. Do an obstacle course race.
3. Learn a particular song on an instrument and set a time to play it for your partner or in front of others.
4. Join that sports team you have been talking about joining for years but haven't done anything about yet (I'm guilty of this one).

   It can be one of the above or something entirely different. Just pick something and go for it!!

What I will do is:_____

I will achieve it by this date:_____

☐ Project Complete? Check the box

Daddius Project #36

Commit to regular family time play. Here are some steps to take that on:

A. If your kids are young, spend time with them in imaginative ways and make-believe Play. Let loose and have fun with it. Get messy and let them paint your nails or pretend you are clumsy and constantly hurting yourself running into things. If you don't laugh, you'll probably cry. As kids get older you can play card games or board games with them or engage in a sport. Remember to keep it fun and playful!

B. Let your kids be bored and spend time away from devices. Being off devices will help them develop a creative mind that doesn't require constant stimulus or entertainment to occupy themselves. Giving them art supplies to sculpt, draw, paint or colour is excellent for kids of all ages when they don't have a device distracting them. Kids can also enjoy baking, so giving them a recipe and ingredients can be a fun way for them to create! Please note, that some kids find what they want to do with art or baking online, so the device may be helpful in these situations.

C. Roughhousing with the kids is fun for everyone! I bet Mom doesn't do it very often, does she?! Well, it's up to us, Dads! If you aren't much into roughhousing, give it a try. Most kids love it and want more!

☐ Project Complete? Check the box

Daddius Project #37

A. To start on this type of Play, list tasks that need to be tackled. Better yet, ask your wife what she'd like to see done.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

B. Separate the tasks into shorter and longer tasks and indoor vs. outdoor, as the weather will determine when you can do certain things.

Indoor:

Short:

1. _____
2. _____
3. _____

Long

1. _____
2. _____
3. _____

Outdoor:

Short:

1. _____
2. _____
3. _____

Long

1. _____
2. _____
3. _____

C. On Sunday evening, plan your week. Look at the weather and what tasks are next in priority and write them in your calendar. Planning gives you an excuse to swing by your local hardware store to get tools and supplies, which is another way to get some free time. Or make it an outing with your kids to give your partner some downtime.

The first task I will take on as Play is:_____

I begin the week of:_____

☐ Project Complete? Check the box