

## What Kind of Dad Do I Want to Be?

Use this page to write down the kind of father you want to be for your children.

Try to attach as many senses to this as you can, and picture the kind of dad you want to be, and the relationship that you want with your children, twice a day.

For me, I picture and try to sense playing and laughing together, and seeing them in the temple, with their families, living in their “zone of genius” (a term from *The Big Leap* by Gay Hendricks).

The best times are right when you wake up and before you go to sleep, so your subconscious brain (your reticular activating system) can help you create the relationship you want. Here are some questions to help you:

How do I want my kids to see me?

How do I want my kids **not** to see me?

What stories do I want my children to tell about me to my grandchildren?

What stories do I **not** want my children to tell about me to my grandchildren?

What do I want my children to say about me at my funeral?

What kind of relationship do I want with my children?

What picture, image, or experience can I picture in my mind to visualize and feel that relationship?