



DadderUp



ANCHOR WORKBOOK

Andrew Russell

Consider Reading this Before Going Any Further.

Hey there, I'm grateful you downloaded this workbook. It probably means you care about being the best Dad you can be, but something feels off. Maybe you know you're trying, but it doesn't always feel like it's landing the way you want. Or maybe you feel stretched, tired, or unsure where to focus first.

This workbook was created for that exact space.

It's not here to tell you what kind of father you should be. And it's not here to overwhelm you with things to fix. The goal is much simpler than that: to help you make a few intentional changes that actually show up in real life.

You don't need to read this cover to cover. You don't need to understand everything before you begin. And you don't need to change everything at once.

This works best when you take it one step at a time.

Your ANCHOR results already gave you clarity on where your attention matters most right now. This workbook helps you act on that by focusing on one area, maintaining what's already working, and keeping an eye on the rest so nothing quietly slips.

There's no perfect way to do this. Some days you'll show up well. Some days you won't. What matters is that you keep coming back and adjusting instead of quitting.

If you use this consistently, even in small ways, you'll start to notice something shift, not just in your behavior, but in how your home feels.

When you're ready, turn the page and start with the next section.
That's all you need to do right now.

Let's Dad.

Andrew Russell



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01



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YOUR ANCHOR

SNAPSHOT

Your ANCHOR Snapshot

Objective:

Before you do anything else, pause here for a moment.

Your ANCHOR results are not a judgment of you as a father. They're a snapshot — a picture of how you're showing up right now, under your current load, energy level, and season of life.

Nothing here is permanent. Nothing here defines you. It simply gives you direction.

Take a moment to write down your results here:

Primary Strength
(Highest Pillar):

Secondary Strength
(Second Highest Pillar):

Growth Edge
(Lowest Pillar):

How to Read This Snapshot

Your Growth Edge is not your biggest failure.
It's your current bottleneck.

When this area is under-supported, it quietly pulls down the rest (even if your intentions are good). That's why trying to "do more everywhere" usually doesn't work.

Your strengths don't need fixing. They need maintenance.
The remaining pillars don't need immediate action right now. They just need to be monitored so nothing slips.

This approach isn't about doing less because you don't care.
It's about doing the right thing first.

Choosing Your Focus

For the next phase of this workbook, your only job is to focus on your Growth Edge.

This is not forever and not exclusively. This is just what needs to be addressed for now.

Write it again here to lock it in:

For the next 30 days, my primary focus is: _____



A Grounding Reminder

You don't need to prove anything here. You don't need to "catch up."
You don't need to get this perfect.
This workbook is about showing up slightly better with more consistency and letting that compound.

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THE ANCHOR OPERATING RULES

Before you start taking action, there are a few simple rules that make this workbook work the way it's meant to.

*Disclaimer: These rules are NOT here to control you. They are here to **protect your efforts, your focus, and your progress.***

You don't need to memorize these. Just keep them in mind as you move forward.

Rule 1:

One Focus Creates Momentum

Real change doesn't come from doing everything at once. It comes from putting steady attention in the right place.

That's why this workbook asks you to work on one pillar at a time, your current Growth Edge. When that pillar strengthens, the others often improve without extra effort.

Trying to spread yourself across all five usually leads to frustration. Focusing on one leads to movement.

Example:

If you're out of shape, you don't immediately jump into Ronnie Coleman's workout routine. You would hurt yourself. Instead you would start with conditioning first, then slowly mix in weights and build from there.

Rule 2:

Small Actions Matter More Than Big Intentions

You don't need dramatic gestures for this to work. You need repeatable actions.

Most of the changes in this workbook are intentionally small. Not because they're insignificant but because they're sustainable. Small actions done consistently change how you show up in real moments.

Example:

Brushing your teeth once for 20 minutes doesn't help. Brushing for two minutes 3 times a day every day does.

Rule 3:

Strengths Are Maintained, Not Pushed

If something is already working, you don't need to squeeze it harder.

Your strongest pillars don't need improvement plans. They need light attention so they stay steady. Overworking strengths often leads to burnout or imbalance

Example:

Professional athletes don't max out their strongest lift every workout. They maintain it while training what's lagging.

Rule 4:

Awareness Without Overwork

The pillars you're not actively working on still matter. They just don't need your effort right now.

Monitoring means noticing what might be changing:

➤ If something starts slipping, then act

➤ If stress changes how you show up, then act

➤ If a different area begins asking for attention, then act

Example:

When you're driving, you focus on the road ahead but you still check the mirrors so nothing sneaks up on you.

Rule 5:

Progress Beats Perfection

You will miss days. You will have weeks where this feels harder.

That doesn't mean you're failing.'

The goal isn't to execute perfectly, it's to **return quickly** when life pulls you off track. Progress comes from coming back, not starting over. There is no penalty for adjusting. There is only momentum or a lack of.

Example:

If you miss one workout, nothing happens. If you quit because you missed one workout, everything stops.



A Final Note Before You Continue

These rules exist to make this easier
NOT heavier.

If at any point this workbook feels
overwhelming, you're likely trying to
do too much at once. Slow down.
Narrow your focus. Come back to
your Growth Edge.

03



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THE

EXECUTION

MAP

This section shows you how everything in this workbook fits together.

You don't need to remember it perfectly.
You just need to understand the direction you're moving.

Objective: **Put your effort where it will make the biggest difference right now.**

The Three Layers of Focus

At any given time, your fatherhood effort lives in three layers.
You're not meant to work all of them equally.

Layer 1: Your Growth Edge

This is your primary focus.

Your Growth Edge is the pillar that needs support right now not because you're failing, but because it's carrying more load than it can handle.

This is where:

➤ Most of your daily effort goes

➤ The biggest change happens fastest

➤ Progress creates relief across the system

For the next 30 days, this is where you aim your attention.

Layer 2: Your Strengths

These are already working.

Your strongest pillars don't need fixing. They need maintenance, not pressure. A little attention here keeps them steady while you work on your Growth Edge.

Think of this as protecting what's already good so it doesn't quietly erode while your focus is elsewhere.

Layer 3: The Pillars You Monitor

These pillars still matter. They just don't need action right now.

Monitoring means staying aware:

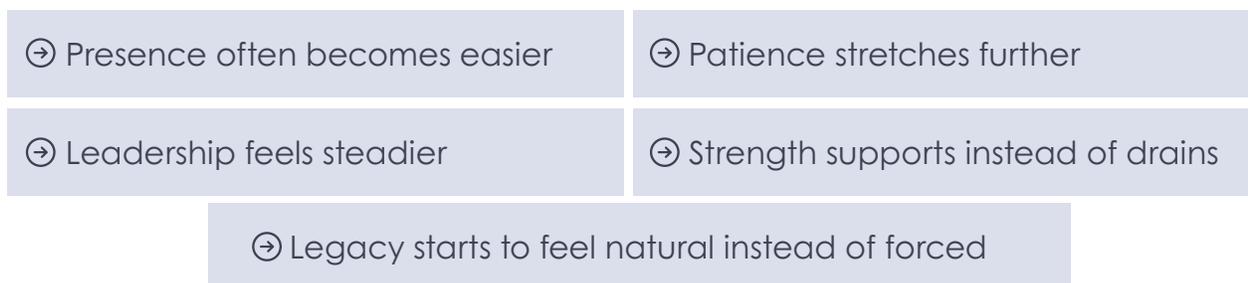


You're not ignoring these areas.
You're simply not adding work to them.

Why This Map Matters

When you try to improve everything at once, effort spreads thin and progress feels heavy. BUT when you focus on one thing, momentum builds.

As your Growth Edge strengthens:



This is how change compounds quietly and consistently.

Locking Your Focus

Before you move on, pause here. Write your Growth Edge one more time and tell yourself why you want to improve it. This helps you stay focused to the goal you have so you don't fade.

My Growth Edge for this cycle is _____ and here's why I want to improve it:

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THE

ANCHOR PILLAR

PLAYBOOK

Every pillar in this workbook follows the same structure. That's intentional.

You don't need to learn a new system for each area of fatherhood. Once you understand how one pillar works, you understand them all.

This section explains **how to use each pillar playbook**, so when you turn the page, you can focus on action instead of figuring out what you're looking at.

How Each Pillar Playbook Is Designed

Each pillar playbook is built to do three things:



Nothing here is about doing more.
Everything here is about doing what matters most.

What You'll Find Inside Each Pillar

Every pillar playbook includes the same five parts. Once you've used one, the rest will feel familiar.

01 What This Pillar Really Means

Each playbook starts by grounding you in what the pillar looks like in real life. Not the ideal version. Not the Instagram version. The lived, day-to-day version.

This section helps you recognize:

➤ When the pillar is strong

➤ When it's under strain

➤ How it tends to break under pressure

This isn't for self-judgment. It's for awareness.

02 The Minimum Effective Standard

Every pillar has a minimum effective standard, the smallest level of behavior that still creates meaningful impact.

This is not the best case scenario. This is not the perfect execution. This is just enough to move things forward. This keeps progress realistic, especially on hard days.

03 Daily Reps

This is where action begins.

Each pillar includes a small set of **daily reps**:

➤ One non-negotiable

➤ One or two optional supports

These reps are designed to:

➤ Fit into real life

➤ Require little planning

➤ Be repeatable even when you're tired

You're not chasing intensity. You're building reliability.

04 Strength Maintenance (If This Is One of Your Strong Pillars)

If this pillar is already a strength for you, you won't run the full playbook.

Instead, you'll use the maintenance guidance:

→ Light reps

→ Occasional check-ins

→ Enough attention to keep it steady

Strong doesn't need pressure. It needs protection.

05 Weekly Reset

Once a week, each pillar includes a short reset. This isn't a review to grade yourself. It's a chance to notice what's working and make small adjustments.

Progress doesn't come from pushing harder. It comes from correcting gently.

How to use Section 5-9

You do not need to read all 5 pillar playbooks at once. Here's what you do:

→ Start with your Growth Edge

→ Skim the others if you're curious.

→ Come back later when it's time to rotate.

This workbook is meant to meet you where you are, not pull you ahead of yourself. Before you turn the page remember, you don't need confidence to begin, you don't need motivation to begin, you just need to start where your attention matters most. Turn the page, find your Growth Edge pillar and let's get started.

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PRESENCE

Presence

Before you try to change anything here, take a breath.

Presence is not about **how much time you spend. It's about how you show up in the moments you already have.**

You don't become more present by trying harder. You become more present by removing what pulls you away.

What Presence Really Means

Presence is all encompassing. Presence is being attentive, intentional and having emotional availability in real time.

Aka when you're there you are FULLY there

It is not a time based measurement (Quantity of Time)

It is a connection based measurement (Quality of Time)

The simplest way to understand it is this is to ask yourself:

“When I'm with my child, does my child feel that I'm actually with them?”

Disclaimer: The reason we are asking “does my child feel I am actually with them?” is because YOU do not determine how present you are, YOUR CHILD is the one that makes that determination.

WRITE ONE SENTENCE ABOUT WHAT MAKES YOUR CHILD FEEL
MOST SEEN OR CONNECTED TO YOU

How Presence Gets Strained

Presence is usually the first thing to slip, not because you don't care, but because life gets loud.

Presence strains when:

→ Attention is split	→ Stress carries over from work
→ Devices compete for focus	→ You're physically present but mentally elsewhere

When Presence is low, kids adapt. They act out. They withdraw. They seek connection wherever they can find it.

This is where many dads quietly think:
"I'm there... but it doesn't feel like enough."

If Presence Is Your Growth Edge

If Presence is your lowest pillar, this is where your effort goes for this cycle.

Not more time. Not grand gestures.

Just **clear, repeatable moments of connection.**

The Minimum Effective Standard (Presence)

Your goal is not constant availability.
Your goal is a predictable connection.

Minimum standard:

One intentional, attentive moment of connection each day.

That's it.

Daily Non-Negotiable (Presence)

Once per day, create a 10-minute window where:

Your phone is down

Your attention is on your child

You follow their lead

You don't need to entertain. You don't need to teach. You just need to be there, emotionally and mentally. The best way to ensure this is to pick out a time of day when this is most likely to happen so you can stay consistent.

Disclaimer: Remember, you can't schedule quality time with your kids, so the best way to make sure you are present is to give them your attentive presence when you are with them.

WRITE WHEN THIS 10-MINUTE WINDOW IS MOST LIKELY TO HAPPEN
(TIME OF DAY OR ROUTINE):

Optional Support Reps (Use If Helpful)

Choose one if it fits your life. These are supports, not requirements.

Name what you notice ("You seem excited today.")

Initiate connection instead of waiting

Sit without fixing or correcting

Slow your pace for a moment before engaging

Weekly Reset (Presence)

Once per week, take two minutes here and answer these questions.

DID MY CHILD FEEL ME WITH THEM THIS WEEK? (YES / SOMETIMES / NO)

ONE MOMENT THAT WENT WELL:

ONE SMALL ADJUSTMENT FOR NEXT WEEK:

If Presence Is One of Your Strengths

If Presence is already a strength for you, don't overwork it.

A strong presence doesn't need pressure. It needs protection.

Presence Maintenance

→ Keep one intentional moment per day

→ Avoid replacing presence with productivity

→ Watch for distraction creep

→ Let presence stay simple

If Presence Is in Monitor Mode

If Presence is not your Growth Edge or a Strength, you don't need to act on it right now. Just monitor.

Watch for:

→ Increased distraction

→ Less eye contact

→ Shorter patience

→ More rushed interactions

If you notice steady decline, that's information, not failure. You can always rotate focus later.

A Grounding Reminder

Presence isn't built through intensity. It's built through return.

Every time you notice yourself drifting and come back, Presence grows.

You don't need to be perfectly present. You just need to be present again.

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PATIENCE

Patience

Before you judge yourself here, pause.

Patience is not about never getting frustrated. It's about how you handle yourself when pressure shows up.

Every dad gets stressed. Patience is what happens after that stress appears.

What Patience Really Means

Patience is the ability to show up as the best emotionally regulated version of yourself no matter the circumstance.

It's not a personality trait.

It's not something you either have or don't.

It's capacity.

Patience shows up in:

→ Your tone

→ Your ability to pause instead of react

→ Your recovery speed

→ Who you are when you're tired, stressed, or triggered

The simplest way to understand it is this is to ask yourself:

“Who am I when I'm stressed, tired, or triggered?”

That's the version of you your child learns from.

WRITE ONE WORD THAT DESCRIBES HOW YOU USUALLY SOUND WHEN YOU'RE STRESSED:

Quick Disclaimer about what patience is NOT:

Patience shows up in:

→ Being permissive	→ Letting everything slide
→ Avoiding conflict/discipline	→ Bottling emotions until you explode

Patience still includes boundaries.

How Patience Gets Strained

Patience usually breaks long before we realize it.

It strains when:

→ You're depleted	→ Expectations stack up
→ You feel rushed	→ Small things start feeling personal

When patience is low, reactions get sharper, your tone changes and apologies come after reactions instead of before them.

This is where many dads think:

“I hate how I sound sometimes.”

If Patience Is Your Growth Edge

If Patience is your lowest pillar, this is where your effort goes for this cycle.

Not controlling emotions. Not suppressing frustration.

Just creating a pause before reaction.

The Minimum Effective Standard (Patience)

Your goal is not to be calm all the time.

Your goal is faster recovery.

Minimum standard:

Pause before responding when you feel triggered. Even a short pause counts.

The Minimum Effective Standard (Patience)

Daily Non-Negotiable (Patience)

Once per day, when you feel stress rise:

 Stop	 Take one breath	 Lower your tone before speaking
--	---	--

That's it.

You don't need perfect words. You just need a calmer delivery.

WRITE THE MOST COMMON MOMENT YOU NOTICE YOUR PATIENCE GET TESTED (TIME, ROUTINE, OR SITUATION) SO YOU CAN MAKE SURE TO ADJUST NEXT TIME:

Optional Support Reps (Use If Helpful)

Choose one if it fits your life. These support regulation, not perfection.

➔ Slow your speech slightly

➔ Step away briefly if needed

➔ Name the pause
("Give me a second.")

➔ Correct with fewer words

Use what helps. Skip what doesn't.

Weekly Reset (Patience)

Once per week, take two minutes here.

DID I PAUSE BEFORE REACTING MORE OFTEN THIS WEEK? (YES / SOMETIMES / NO)

ONE MOMENT I HANDLED BETTER THAN BEFORE:

ONE TRIGGER I WANT TO HANDLE DIFFERENTLY NEXT WEEK:

If Patience Is One of Your Strengths

If patience is already a strength, don't push it.

Strong patience doesn't come from effort.
It comes from regulation and recovery.

Patience Maintenance

→ You're depleted

→ Expectations stack up

→ You feel rushed

→ Small things start feeling personal

Your steadiness teaches more than your words.

If Patience Is in Monitor Mode

If Patience isn't your Growth Edge or a Strength, you don't need to work on it directly.

Just monitor.

Watch for:

→ Sharper tone

→ Less recovery after stress

→ Shorter fuse

→ More apologies than leadership

If those show up consistently, it's time to rotate focus, not criticize yourself.

A Grounding Reminder

Patience isn't about never slipping.
It's **about repairing faster and reacting less often.**

Every pause counts. Every calmer response compounds.

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LEADERSHIP

Leadership

Leadership in fatherhood doesn't require volume or force. It requires consistency.

Your kids don't need you to be intense. They need you to be intentional.

Leadership is the way your children learn what to expect by watching how you show up, especially in moments that aren't easy.

What Leadership Really Means

The awareness of all the behaviors you model and opting to choose the behaviors that will lead to more positive developmental opportunities for your child. In simple terms, It's doing the right thing which oftentimes isn't the easy thing.

Leadership shows up in:

➔ Clear expectations	➔ Decision-making
➔ Follow-through	➔ Willingness to be the adult in the room

The simplest way to understand is to ask yourself:

“Do my kids know what to expect from me?”

That predictability is what allows them to relax.

WRITE ONE EXPECTATION YOUR KIDS CLEARLY UNDERSTAND FROM YOU
(A RULE, ROUTINE, OR STANDARD):

How Leadership Gets Strained

Leadership usually weakens quietly.

It strains when:

⌚ You're exhausted	⌚ Rules change depending on mood
⌚ Conflict feels easier to avoid	⌚ Consequences aren't followed through

When Leadership is low, kids don't feel guided, they feel uncertain. They test, negotiate, and push, not because they're bad, but because they're they're watching to see which version of you will show up.

This is where many dads think:
"They don't listen to me."

If Leadership Is Your Growth Edge

If Leadership is your lowest pillar, this is where your effort goes for this cycle.

Not stricter rules. Not louder correction.

But greater awareness of what you're modeling and choosing consistency even when it's uncomfortable.

The Minimum Effective Standard (Leadership)

Your goal isn't control. Your goal is predictability.

Minimum standard:

Say what's expected and follow through calmly.

Once.

No negotiating loops. No repeated warnings. Your behavior teaches more than your words.

Daily Non-Negotiable (Leadership)

Once per day, do one of the following with awareness:

It strains when:

→ Set a clear expectation in advance, or

→ Follow through on a stated boundary without escalating

WRITE ONE AREA WHERE FOLLOW-THROUGH HAS BEEN INCONSISTENT
(ROUTINE, RULE, OR EXPECTATION):

Optional Support Reps (Use If Helpful)

Choose one if it fits your life.

→ State expectations
before transitions

→ Stay neutral in tone

→ Use fewer words
when correcting

→ Let consequences
do the teaching

Leadership doesn't require emotion. It requires steadiness you choose on purpose.

Weekly Reset (Leadership)

Once per week, take two minutes here.

DID I FOLLOW THROUGH MORE CONSISTENTLY THIS WEEK? (YES / SOMETIMES / NO)

ONE MOMENT WHERE CLARITY HELPED AND WHAT MY CHILD LEARNED FROM IT:

ONE EXPECTATION I NEED TO STATE OR ENFORCE MORE CLEARLY NEXT WEEK:

If Leadership Is One of Your Strengths

If Leadership is already a strength, don't push it harder.

Strong leadership doesn't need force. It's about continuing to model steadiness, especially when you're tired.

Leadership Maintenance

→ Keep expectations clear and simple

→ Pair structure with warmth

→ Avoid over-correcting

→ Don't add rules unnecessarily

Predictability is more powerful than pressure.

If Leadership Is in Monitor Mode

If Leadership isn't your Growth Edge or a Strength, you don't need to work on it directly.

Just monitor.

Watch for:

⤴ Inconsistent rules	⤴ Avoided conversations
⤴ Empty threats	⤴ Letting exhaustion decide

If these show up regularly, it's a signal to rotate focus—not a failure.

A Grounding Reminder

Leadership isn't about being in charge. It's about being steady, especially when it would be easier not to be.

When kids know what to expect, they feel safe enough to be themselves.

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STRENGTH

Strength

Strength isn't about pushing harder.
It's about **having enough capacity to keep showing up.**

Most dads don't lack effort.They lack energy.

Strength is what makes everything else feel possible instead of heavy.

What Strength Really Means

Strength is measured by fortitude. Physical, mental and emotional fortitude. It is having the energy to show up during adversity. It's doing the difficult thing when no one is watching.

Strength shows up in:



Energy levels



Emotional resilience



Recovery speed



Resistance to burnout

The simplest way to understand it is this is by asking yourself:

“Do I have the discipline to be the dad I want to be?”

When strength is low, even good intentions struggle to land.

WRITE ONE SENTENCE THAT DESCRIBES HOW YOU USUALLY FEEL AT THE END OF THE DAY:

How Strength Gets Strained

Strength usually erodes slowly.

It strains when:

➤ Rest is treated as optional

➤ Sleep is inconsistent

➤ Stress never fully clears

➤ You're always "pushing through"

When Strength is low, patience shortens, presence fades, and leadership feels harder than it should.

This is where many dads think:

"I care. I'm just exhausted."

If Strength Is Your Growth Edge

If Strength is your lowest pillar, this is where your effort goes for this cycle.

Not more discipline. Not more grinding.

Just restoring capacity so everything else has fuel.

The Minimum Effective Standard (Strength)

Your goal isn't peak performance.

Your goal is baseline energy.

Minimum standard:

Protect one daily habit that restores energy.

That's it. One thing. Every day.

Daily Non-Negotiable (Strength)

Once per day, do one action that supports recovery, such as:

01 Going to bed slightly earlier

02 Going to the gym

03 Getting outside for a short walk

04 Eating a healthy meal

05 Pausing screens before sleep

This is not about optimization at the start. It's about sustainability.

WRITE THE ONE RECOVERY ACTION YOU ARE MOST LIKELY TO DO CONSISTENTLY AND WHY:

Choose one if it fits your life.

01

Short movement
instead of no
movement

02

Hydration
before caffeine

03

Saying no to one
unnecessary drain

Strength builds when recovery is allowed.

Weekly Reset (Strength)

Once per week, take two minutes here and ask yourself.

DID I PROTECT MY ENERGY MORE OFTEN THIS WEEK? (YES / SOMETIMES / NO)

ONE THING THAT DRAINED ME THE MOST:

ONE SMALL CHANGE I CAN MAKE TO REDUCE THAT DRAIN NEXT WEEK:

If Strength Is One of Your Strengths

If Strength is already a strong pillar for you, don't turn it into pressure.

Strong strength isn't about doing more. It's about maintaining balance.

Strength Maintenance

→ Keep recovery habits simple

→ Avoid stacking unnecessary stress

→ Don't sacrifice sleep for productivity

→ Watch for burnout signals

Energy is an asset. Protect it.

If Strength Is in Monitor Mode

If Strength isn't your Growth Edge or a Strength, you don't need to focus on it directly.

Just monitor.

Watch for:

→ Rising fatigue

→ Slower recovery

→ Increased irritability

→ Feeling depleted more often

If those show up consistently, it's time to rotate focus, not push harder.

A Grounding Reminder

Strength isn't proven by how much you endure.
It's proven by how long you can show up well.

Fuel comes before output. Always.

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LEGACY

Legacy

Legacy isn't something you leave behind someday. It's something you're living right now.

Every day, your kids are picking up patterns: how you respond, what you value, what you repeat, and what you avoid.

Legacy is what gets passed on without you realizing it.

What Legacy Really Means

Legacy is the actions you take TODAY that get passed down generationally through infinity. It is the morals, values and ethics you carry today that will shape your future generations.

It's not just how you'll be remembered.

It's how your values and behaviors continue when you're not in the room and eventually gone.

Legacy shows up in:

→ What you model under stress

→ What you prioritize consistently

→ How you treat people

→ The gap (or alignment) between your words and actions

The simplest way to understand it is by asking yourself:

“What am I teaching without realizing it?”

Kids don't inherit your goals. They inherit your patterns.

WRITE ONE BEHAVIOR YOUR CHILD SEES YOU DO REGULARLY THAT IS GOOD
AND ONE THAT IS MISALIGNED:

How Legacy Gets Strained

Legacy usually breaks quietly.

It strains when:

→ Days are lived reactively

→ There's no shared meaning or rhythm

→ Values are talked about but not modeled

→ Life feels like survival instead of intention

When Legacy is low, fatherhood can feel directionless. Discipline feels disconnected. Days blur together.

This is where many dads think:
"I hope they turn out okay."

If Legacy Is Your Growth Edge

If Legacy is your lowest pillar, this is where your effort goes for this cycle.

Not big speeches. Not pressure to be perfect.

Just **intentional modeling**.

The Minimum Effective Standard (Legacy)

Your goal isn't to teach everything.
Your goal is to live one value consistently.

Minimum standard:

Choose one value you want your child to absorb and model it daily.

That's it.

One value. Shown through action. Consistently.

Daily Non-Negotiable (Legacy)

Once per day, ask yourself:
"How can I model this value right now?"

That might look like:

→ How you handle frustration

→ How you follow through

→ How you speak to others

→ How you recover from mistakes

Legacy is built in small, repeated moments.

WRITE THE ONE VALUE YOU WANT TO MODEL MOST CLEARLY THIS MONTH:

Optional Support Reps (Use If Helpful)

Choose one if it fits your life.

➔ Name the value out loud after modeling it

➔ Share a short story that reflects the value

➔ Create a small family ritual

➔ Repair out loud when you miss the mark

Values stick through repetition, not explanation.

Weekly Reset (Legacy)

Once per week, take two minutes to answer these questions.

DID MY ACTIONS ALIGN WITH THE VALUE I CHOSE THIS WEEK? (YES / SOMETIMES / NO)

ONE MOMENT WHERE I MODELED IT WELL:

ONE WAY I WANT TO MODEL IT MORE CLEARLY NEXT WEEK:

If Legacy Is One of Your Strengths

If Legacy is already a strong pillar for you, don't turn it into weight.

A strong legacy isn't loud. It's lived.

Legacy Maintenance

→ Keep values visible through action

→ Let routines carry meaning

→ Avoid over-explaining

→ Stay consistent, not intense

What you repeat matters more than what you say.

If Legacy Is in Monitor Mode

If Legacy isn't your Growth Edge or a Strength, you don't need to focus on it directly.

Just monitor.

Watch for:

Reactive days
with no intention

Misalignment
between words
and actions

Lack of shared
meaning or rhythm

If those patterns show up consistently, it's time to rotate focus, not feel behind.

A Grounding Reminder

Legacy isn't built later. It's built today.

In how you speak. In how you respond. In how you live
when no one is watching.

That's what lasts.

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ROTATING FOCUS

Rotating Focus (How and When to Change Pillars)

This workbook is not designed to keep you in one place forever.

It's designed to help you work on the right thing at the right time and then move on without guilt or confusion.

This section shows you **when to rotate focus**, when to stay put, and how to avoid changing pillars too early.

When to Stay With Your Current Pillar

Stay with your current Growth Edge if:

→ The actions still feel useful	→ Things feel lighter than they did before
→ You're noticing small but real shifts	→ You're still learning how to show up differently

Progress doesn't always feel dramatic. Sometimes it just feels calmer.

If you're still seeing benefits, **stay the course**.

When It's Time to Rotate

It may be time to rotate focus when:

→ The daily reps feel natural instead of forced	→ Your reactions are different without much effort
→ The pillar no longer feels strained	→ A different pillar is now asking for attention

Rotation isn't about finishing perfectly. It's about recognizing when capacity has returned.

How to Rotate (Simple Process)

When you're ready to rotate follow these 5 steps:

- 01 Revisit your ANCHOR assessment
- 02 Identify your new lowest pillar
- 03 Name it as your next Growth Edge
- 04 Begin that pillar's playbook
- 05 Maintain what you've already strengthened

You're not starting over. You're building on what's already there.

A Common Mistake to Avoid

When you're ready to rotate follow these 5 steps:

Many dads rotate too early because:

- They want faster results
- They feel restless
- They mistake boredom for completion

Change becomes sustainable after repetition, not before.

If you're unsure, give it one more week. Then look back at the "When It's Time To Rotate" instructions and see if you are there.

If Life Gets Messy (And It Will)

There will be weeks where:

- > You fall off
- > You miss days
- > You feel disconnected from the workbook

That doesn't mean this stopped working. It just means life showed up.

When that happens:



Don't restart
everything



Don't judge
the lapse



Don't wait for
motivation

Just return to the daily non-negotiable of your current pillar. Return is the skill.

A Final Perspective

If you've made it this far, you don't need more instruction.

You already understand something important: being a good dad isn't about having everything figured out. It's about noticing where you're stretched, making small adjustments, and coming back when you drift.

Some seasons will feel smooth. Others won't. There will be days where you show up exactly how you want to, and days where you don't recognize yourself. Neither disqualifies you. Both are part of the work.

What matters is that you now have a way to orient yourself again.

This workbook isn't something you "finish." It's something you return to when things feel off, heavy, or unclear. Sometimes you'll use it for weeks. Sometimes you'll set it down and live it out. Both are signs that it's working.

Fatherhood isn't built in dramatic moments. It's built in patterns. In tone. In follow-through. In the way you recover after hard days. In the things your kids see you repeat without realizing they're watching.

That's legacy.

And you're already building it.

Close the workbook for now.

Go live one small part of it today.

You can always come back tomorrow.

BONUS SECTION



DadderUp

ANCHOR

QUICK

REFERENCE

This page exists for one reason:
to **help you know what to do when life gets busy.**

You don't need to reread the workbook.
You don't need to start over.

You just need to re-orient.

The Five Pillars

 Presence	Attention and connection
 Patience	Regulation and recovery
 Leadership	Structure and follow-through
 Strength	Energy and capacity
 Legacy	Values and modeling

 Focus on one.	 Maintain your strengths.	 Monitor the rest.
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My Current Focus

CURRENT GROWTH EDGE:

START DATE: _____

END DATE (30 DAYS): _____

This is the pillar receiving my effort right now.

Daily Non-Negotiable

THE ONE ACTION I DO DAILY FOR THIS PILLAR:

If I do this, the day counts.

Strength Maintenance

PILLAR I'M MAINTAINING:

HOW I'M PROTECTING IT (LIGHTLY):

Monitor Reminder

I STAY AWARE OF THE REMAINING PILLARS:

If something begins to strain, I rotate focus.

No guilt. Just adjustment.

The Re-Entry Rule

If I fall off:

I do today's non-negotiable and nothing else.

No catching up. No restarting. Just return.

Final Reminder

You don't need to fix everything. You just need to stay honest about where your attention matters most.

This system works when it's used. Even imperfectly.