

CHRISTOPHER A. BROWN

The  
24:7  
Dad

12 HABITS OF  
CONFIDENT FATHERS

**WORKSHEET**

# THE 24:7 DAD

## 12 HABITS OF CONFIDENT FATHERS

### WORKSHEET

## Instructions

Greetings! I'm so happy you downloaded this worksheet. It will help you learn and customize the 12 habits. Use it as you go through Chapters 1-7, which include a detailed discussion of the habits.

The worksheet includes:

- The statements to complete introducing each of the habits.
- Checklists and surveys.
- Questions to reflect on as you customize each habit, and the space to record how you'll customize each one.
- Space for completing the Deep Dive Activity.

I suggest writing on the worksheet with a pen or pencil rather than typing in it. While both options are acceptable, research on adult learning indicates that people gain more from writing than from typing. The main reason is that writing helps embed learning more effectively in the brain (memory).

I structured the worksheet to give you flexibility in using it. I split the worksheet into seven mini-worksheets. After the first mini-worksheet for use with Chapter 1, each mini-worksheet covers two habits related to one of the six traits of the 24:7 Dad: Self-Awareness, Self-Care, Fathering Skills, Parenting Skills, Relationship Skills, and Stewardship. Whether you're a father working through the book alone or using it to mentor a father or group of fathers, this setup lets you print the mini-worksheets at the pace you go through Chapters 1-7.

I also created the worksheet as a Word document so you can add more space for writing. Before printing the entire worksheet or any of the mini-worksheets, consider adjusting the spacing to your liking.

# Introduction (Chapter 1)

What are two or three habits that you do daily?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

# Self-Awareness Habits (Chapter 2)

## Habit 1: Working with an Accountability Partner

Complete the following statements:

- The last time someone held me accountable was

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- The person who held me accountable was

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- The last time I held someone accountable was

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- The person I held accountable was

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## Customizing the Habit

Reflect on this question: Who will be my accountability partner?

My accountability partner(s) will be:

- Name(s):

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## Habit 2: Weekly Reflection on Your Actions

Complete the following statements:

- The last time I reflected on an aspect of my life was

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- The reason I reflected on it was

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- I reflected on it by

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- Reflecting helped me by

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## Customizing the Habit

Reflect on these questions: How will I reflect weekly? When will I reflect weekly?

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I will reflect weekly by

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I will reflect weekly on the following day and time:

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# Deep Dive Activity: Core Values

The action-oriented values that define the type of man and father I strive to be are:

- 1. \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_
- 3. \_\_\_\_\_  
\_\_\_\_\_
- 4. \_\_\_\_\_  
\_\_\_\_\_
- 5. \_\_\_\_\_  
\_\_\_\_\_
- 6. \_\_\_\_\_  
\_\_\_\_\_

# Self-Care Habits (Chapter 3)

## Habit 3: Regular Physical Care

Complete the following statements:

- On a scale from 1 to 10, with 1 being “very poor” and 10 being “very good,” I rate my overall physical health as a

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- One thing I can do to improve my physical health is

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- The last time I had an annual check-up for my physical health was

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- When I feel sick, I usually

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## Customizing the Habit

Reflect on these questions: What have I learned so far in this chapter that will help me with regular physical health care? How will I take care of my physical health regularly?

I will take regular care of my physical health by

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## Habit 4: Regular Mental Care

Complete the following statements:

- On a scale from 1 to 10, with 1 being “very poor” and 10 being “very good,” I rate my overall mental health as a

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- One thing I can do to improve my mental health is

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- The main causes of stress in my life are

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- The way I usually handle stress is

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- When I was a boy, I was taught that showing my feelings or emotions was

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- Today, I think that showing my feelings or emotions is

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## Customizing the Habit

Reflect on these questions: What did I learn in this chapter that will help me take regular care of my mental health? How will I take care of my mental health regularly?

I will take regular care of my mental health by

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## Deep Dive Activity: Messages from Your Child

The child (or person) I'm acting as is:

- Message #1:

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- Message #2:

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- Message #3:

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- Message #4:

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(Optional revisions after setting the messages aside for a day or two.)

- Message #1:

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- Message #2:

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- Message #3:

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- Message #4:

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(Optional after you review the messages with the person you chose.)

- Message #1:

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- Message #2:

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- Message #3:

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- Message #4:

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# Fathering Skills Habits (Chapter 4)

## Habit 5: Holistic Fathering

Complete the following statements:

- I'm like my father (or the man who raised me) in the following ways:

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- I'm not like my father (or the man who raised me) in the following ways:

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- My father's (or the man who raised me) main role in the family was

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- Other parts of his (or the man's who raised me) role included

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- What I like about how my father (or the man who raised me) fulfilled his role was

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- What I don't like about how my father (or the man who raised me) fulfilled his role was

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# Effective Co-Parenting Foundation Checklist

Place a checkmark in the box if you agree with the statement about yourself as a co-parent. When responding, reflect on the responsibilities you and your co-parent (“their” and “them” in the statements) have in raising your children. It can be helpful to put yourself in your co-parent’s shoes and answer as they would about you. If you don’t have children yet, reflect on ways that you currently support your partner or past partners in general.

1. I listen to their point of view.
2. I respect their point of view.
3. I don’t violate their boundaries.
4. I clearly communicate my point of view to them.
5. I share my boundaries with them.
6. I negotiate with them when we have different opinions.
7. I share my thoughts and feelings with them calmly.
8. I’m willing to accept that their opinion may be better than mine.
9. I support a shared decision, even when I don’t agree with it.
10. I can let go of control and allow them to make the decision.
11. I’m willing to walk away when a discussion gets too heated so that we can revisit a decision later on when we’ve both calmed down.

## Customizing the Habit

- Reflect on these questions:
- What have I learned so far in this chapter that will help me with holistic fathering?
- Based on the fathering model I had growing up, what will I apply in my fathering?
- Based on the fathering model I had growing up, what won’t I apply in my fathering?
- What are the skills I excel at and use (or plan to use) in raising my children?
- How do those skills touch on each element of holistic involvement (physical, emotional, intellectual, and spiritual)?
- What skills don’t I excel at and need to work on to be a more holistically involved father?
- How do those skills touch on each element of holistic involvement (physical, emotional, intellectual, and spiritual)?
- What parts of the foundation for being a good co-parent do I already possess?
- What parts of the foundation do I need to put into place to be a good co-parent?

I will do the following to customize holistic fathering:

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## Habit 6: Modeling Healthy Masculinity

Complete the following statements:

- The main instruction the model of a man my father (or the man who raised me) sent me was

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- What I liked about that instruction was

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- What I disliked about that instruction was

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- The effect that instruction had on the man I became was

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- The effect that instruction had on the father I became (or will become) is

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## Sexual Self-Worth Survey

Place a checkmark next to your degree of comfort with each of the 10 parts of sexual self-worth. After you rate each one, convert your ratings to a numerical score as follows:

Low = 1; Average = 2; and High = 3.

The total score indicates your overall level of sexual self-worth.

- |   |   |
|---|---|
| 1. Body image   | <input type="checkbox"/> Low <input type="checkbox"/> Average <input type="checkbox"/> High |
| 2. Physically able to have sex                          | <input type="checkbox"/> Low <input type="checkbox"/> Average <input type="checkbox"/> High |
| 3. Ability to feel physically intimate                  | <input type="checkbox"/> Low <input type="checkbox"/> Average <input type="checkbox"/> High |
| 4. Ability to feel emotionally intimate                 | <input type="checkbox"/> Low <input type="checkbox"/> Average <input type="checkbox"/> High |
| 5. Ability to become sexually aroused                   | <input type="checkbox"/> Low <input type="checkbox"/> Average <input type="checkbox"/> High |
| 6. Being responsible sexually                           | <input type="checkbox"/> Low <input type="checkbox"/> Average <input type="checkbox"/> High |
| 7. Being respectful sexually                            | <input type="checkbox"/> Low <input type="checkbox"/> Average <input type="checkbox"/> High |
| 8. Ability to trust another sexually                    | <input type="checkbox"/> Low <input type="checkbox"/> Average <input type="checkbox"/> High |
| 9. Overall ability to protect your sexuality            | <input type="checkbox"/> Low <input type="checkbox"/> Average <input type="checkbox"/> High |
| 10. Overall ability to protect your partner's sexuality | <input type="checkbox"/> Low <input type="checkbox"/> Average <input type="checkbox"/> High |

Total Score = \_\_\_\_\_ (0-10 is low sexual self-worth, 11-20 is average or moderate sexual self-worth, and 21-30 is high sexual self-worth)

## Customizing the Habit

Reflect on these questions:

- What have I learned in this chapter that will help me model healthy masculinity?
- Which traits of masculinity have I learned that serve me well in my fathering, or will serve me well when I become a father?
- How can I continue leveraging them?
- Which traits of masculinity have I learned that don't serve me well in my fathering, or won't serve me well when I become a father?
- How can I overcome those?
- How will I model masculinity for my children in ways that will help and not harm them?
- Do I need to become more comfortable with discussing or expressing emotional intimacy?
  - If I do, how will I become more comfortable with discussing or expressing it?

- Do I need to become more comfortable with discussing or expressing physical intimacy in non-sexual ways?
  - If I do, how will I become more comfortable with discussing or expressing it?
- Do I need to raise my level of sexual self-worth?
  - If I do, how will I raise it?
- Am I protecting my sexual self-worth from violation by others?
  - If no, how will I better protect it?
- Am I respectful of my romantic partner's sexual self-worth?
  - If no, how will I become more respectful of it?

I will do the following to model healthy masculinity:

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## Deep Dive Activity: Becoming a Better Man

The five traits of healthy masculinity I want to further develop and model for my children are:

- Trait #1:

Rating (0-5):

(Optional if 0-3) I will further develop this by:

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- Trait #2:

Rating (0-5):

(Optional if 0-3) I will further develop this by:

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- Trait #3:

Rating (0-5):

(Optional if 0-3) I will further develop this by:

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- Trait #4:

Rating (0-5):

(Optional if 0-3) I will further develop this by:

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- Trait #5:

Rating (0-5):

(Optional if 0-3) I will further develop this by:

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# Parenting Skills Habits (Chapter 5)

## Habit 7: Nurturing Your Children

Complete the following statements:

- A goal my parents had for me that I achieved was

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- When I met this goal, I felt

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- A goal my parents had for me that I didn't achieve was

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- When I didn't meet this goal, I felt

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- Something I didn't do or achieve in my childhood that I regret is

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- The way I felt about this regret in my childhood was

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- The way I feel about this regret today is

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## Customizing the Habit

Reflect on the following questions:

- How will I apply what I've learned so far in this chapter to nurture my children?
- To nurture my children more effectively, what parenting skill do I need to learn or improve the most?
- What else do I need to learn about child development?
  - Where will I learn more about it?
- Am I so invested in my children's lives that I struggle to separate their lives from my own?
- Do I have a regret that could lead me to live vicariously through my children?

I will nurture my children by

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## Habit 8: Disciplining Your Children in Healthy Ways

Complete the following statements:

- The word "discipline" means

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- The word "punishment" means

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- One time that sticks out in my mind when my father, mother, or main caretaker disciplined me was

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- What I learned from that discipline was

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## Customizing the Habit

Reflect on the following questions:

- How will I apply what I've learned in this chapter about disciplining my children in healthy ways?
- What do I need to learn the most about disciplining my children in healthy ways?
- Do I use punishment as a last resort or a first option?
- Am I comfortable not using physical force in disciplining my children?
- Am I comfortable not using emotional force in disciplining my children?
- How will I use reflective punishment as a last resort?
- Do I rely too much on rewarding my children?
- How will I build my children's intrinsic motivation?
- *Before* disciplining our children, do I talk with my co-parent and try to agree on who will discipline the children and how they'll be disciplined?
  - If I don't, how will I make sure to talk with them first?

I will discipline my children in healthy ways by

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## Deep Dive Activity: Self-Worth Survey

Place a checkmark in the boxes for all the responses that apply to building positive self-worth. Self-worth is the thoughts (self-concept) and feelings (self-esteem) a person has about themselves.

1. When I was a boy, the people below built my self-worth:

- Father (biological, step, or adoptive)
- Mother (biological, step, or adoptive)
- Relative (grandfather, grandmother, uncle, brother)
- Another person (coach, faith leader, teacher, a friend's father)

2. The people in my life today who build my self-worth are:

- Father (biological, step, or adoptive)
- Mother (biological, step, or adoptive)
- Co-parent
- In-laws (father or mother)
- Relative (grandfather, grandmother, uncle, brother)
- Another person (coach, faith leader, teacher, a friend)
- Boss
- Other co-workers

3. I build my children's self-worth with:

- Praise for who they are
- Praise for what they do
- Gentle touch
- Finding and nurturing their talents and interests

4. I build my own self-worth with:

- Self-praise for who I am
- Self-praise for what I do
- Gentle touch (such as getting a massage)
- Finding and nurturing my talents and interests

5. I build my co-parent's self-worth with:

- Praise for who they are
- Praise for what they do
- Gentle touch
- Finding and nurturing their talents and interests
- Doesn't apply (I don't have a co-parent)

6. I build my boss's self-worth with:

- Praise for who they are
- Praise for what they do
- Doesn't apply (I don't have a boss or job right now)

7. I build my other co-workers' self-worth with:

- Praise for who they are
- Praise for what they do
- Doesn't apply (I don't have a job right now)

Review the results and ask whether you need to do a better job in building someone's self-worth.

# Relationship Skills Habits (Chapter 6)

## Habit 9: Communicating Effectively

Complete the following statements:

- My strongest area in communicating with others is

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- My weakest area in communicating with others is

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- To better communicate with others, I need to learn

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## Customizing the Habit

Reflect on the following questions:

- How will I use what I've learned so far in this chapter to communicate more effectively with my co-parent?
- Am I a good active listener?
  - If not, how can I become one?
- Do I need to remove parts of The Listening Filter™?
  - If so, which parts, and how will I remove them?
- Do I need to adopt the Open for Change posture more often?
  - If so, how will I do that?

I will communicate effectively (or more effectively) by

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# Habit 10: Creating a Loving Co-Parenting Relationship

Complete the following statements:

- The main differences my co-parent and I have in raising our children together are

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- The ways these differences affect our children are

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- Having power in my life means

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- Having control in my life means

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- Empathy means

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## Customizing the Habit

Reflect on the following questions:

- How will I apply what I learned in this chapter to create a loving co-parenting relationship?
- What are the two or three most solvable problems with my co-parent?
- How well do I empathize with my co-parent and others?
  - If I need to improve, how will I do that?
- Do I have a different parenting style from my co-parent?
  - If so, what problems does that create?
- How well do I help my co-parent maintain power and control over their choices?
  - If I need to do better, how will I do that?

I will create a loving (or more loving) co-parenting relationship by

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## Deep Dive Activity: Differences I Can Solve

The main differences I have with my co-parent are:

- Difference:
  - Rank (Importance):
  - Solvable Criteria Met (Number):
- Difference:
  - Rank (Importance):
  - Solvable Criteria Met (Number):
- Difference:
  - Rank (Importance):
  - Solvable Criteria Met (Number):
- Difference:
  - Rank (Importance):
  - Solvable Criteria Met (Number):
- Difference:
  - Rank (Importance):
  - Solvable Criteria Met (Number):

# Stewardship Habits (Chapter 7)

## Habit 11: Paying It Forward

Complete the following statements:

- The last time someone passed on something they learned to me was

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- The impact that lesson had on my life was

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- The last time I passed on something I learned to someone else was

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- The impact that lesson had on their life was

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- The most important family mentor in my life was or is

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- The most important lesson that mentor taught me was

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- The most important non-family mentor in my life was or is

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- The most important lesson that the mentor taught me was

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## Customizing the Habit

Reflect on the following questions:

- How will I apply what I've learned so far in this chapter about paying it forward?
- Am I willing to provide guidance reactively?
- Am I willing to provide guidance proactively?
- If I'm willing to be proactive, which father in my circle of influence might be open to mentoring?
- If I decide to mentor a father in my circle of influence—and he indicates that he's ready for my guidance—how will I frame my guidance in a way that will encourage him to consider it?

I will pay it forward with one father at a time by

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## Habit 12: Engaging Your Community

Complete the following statements:

- Three examples of a community's civic life are

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- One way in which I'm engaged in my community is

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- One way I'm not engaged in my community but would like to be is

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# Customizing the Habit

Reflect on the following questions:

- How will I use what I've learned in this chapter about engaging my community?
- Do I prefer a direct or indirect approach in supporting many fathers at once?
- What are some ideas for engaging my community based on my preferred approach in supporting fathers?
- Looking at the ideas for engaging my community in the way I prefer, which one(s) do I choose?

I will pay it forward what I've learned about fathering with many fathers at once by

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## Deep Dive Activity: My Civic Engagement

How willing am I to engage my community in a meaningful way?

(If a 4 or 5, continue.)

Step 1: Ability & Capacity

The community issues that concern me the most are:

- Issue:
  - The knowledge, skills, or experience that I can use to address this issue are:

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- Issue:
  - The knowledge, skills, or experience that I can use to address this issue are:

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- Issue:
  - The knowledge, skills, or experience that I can use to address this issue are:

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- Issue:
  - The knowledge, skills, or experience that I can use to address this issue are:

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- Issue:
  - The knowledge, skills, or experience that I can use to address this issue are:

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The amount of time that I can realistically dedicate to addressing the issue(s) is:

Step 2: Second-Order Consequences

- Impact on Family:

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- Impact on Work:

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- Impact on Me:

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(If Steps 1 & 2 point to yes, continue.)

### Step 3: Test the Water

- The goal or objective for the level of impact I want to have is:

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- My plan to test the level of commitment is:

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- I will evaluate this plan on/by:

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### Step 4: Evaluate

- My decision about maintaining this commitment is to (star or check mark):
  - Maintain it as is
  - Adjust it
    - How?
  - Eliminate it