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Awesome Dad's Top Ten Ways To Be The Foundation of Your Family

By Dovid Grossman and Ken Mossman

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and Ken Mossman**

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From CoachVille's "Awesome Dads, dare to be a hero!" community. Check us out at:
<http://dbc593.cvcommunity.com>

Part of the responsibility of being a father is to establish a strong foundation for the family. Just like a building foundation, much of this work goes unseen and rarely gets acknowledged, yet the strength and integrity of the entire structure relies on it. The following intentions, although not always perfectly fulfilled, give us guidance in our mission.

Grounded in Reality

While my children may put me on a pedestal, I have my feet firmly on the ground and acknowledge my own strengths and weaknesses.

Demonstrative Love

I take the time to know and understand the best way to communicate my love to each and every child. My children see my love for my wife clearly expressed.

Mutual Respect.

By honoring and never ridiculing the thoughts, emotions and actions of my family, each member clearly experiences and understands my great respect for them.

Consistently Predictable.

My family is comforted and anchored by my predictability. My deepest values are consistently demonstrated in my speech and behavior.

Predictable Spontaneity.

My family knows that I am extremely curious and love to explore and learn. My spontaneity is

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consistent. We plan with flexibility, and the children look forward to unexpected adventures.

Responsible.

My children see how I prepare and follow through, owning up to my responsibilities. They learn by my example.

Safety/Security

I take safety very seriously and my children know it. They have learned by my examples, for instance: I always wear a helmet when skating, skiing or bicycle riding, and I take first-aid and CPR classes. Our car does not go into motion until all seat belts, including mine, are on. Primary

Advocate

My children know that I stand behind them and will protect, defend and honor them at all times. I do not

discuss my children's failings with others.

Serious Humor

I deliberately use humor liberally to lighten stress and lubricate relationships to ensure a cohesive family.

WYSIWYG What you see is what you get.

I practice what I preach and that includes accepting human frailty and mistakes. The greatest foundation for a family is living with integrity.

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None

Awesome Dad's Top Ten Communication Intentions

By Dovid Grossman and Ken Mossman

An Awesome Dad in by no means perfect. But that itself is perfect, because imperfection allows us to really understand the personal evolution our children are going through with us. The definition of an Awesome Dad, then, is the father who stays in the game, shows up fully and sets powerful intentions to grow into. Here are some:

I listen with my entire being – and without judgment. I seek first to understand and appreciate what my children say. From that vantage point, I will build their trust in me and be most supportive.

I see others as equals, neither superior nor inferior to me. Every person is a unique individual, just like everyone else on the planet. (hee hee)! We each have our own journey and everyone we encounter is

Awesome Dad's Top Ten Ways To Be The Foundation of Your Family

integral to our life's objectives. Children are no less important and should be treated with equal respect.

I engage my curiosity completely. I truly want to understand and try to grasp all that is going on for my children. I want to see the world afresh from their perspectives and glean new insights through them. I ask questions without an agenda.

I consider all perspectives and choose consciously. In this world of infinite possibilities, I seek to understand where everyone is coming from and only then choose what resonates most. I share this process with those I love.

First, do no harm! I communicate to foster understanding and growth but never to hurt. "Sticks and stones..." I know my words can cut deeper, and the resulting wounds take longer to heal.

I tell stories that speak to the heart. When I speak from the heart, my words penetrate other's hearts. Parables and personal stories are easy to accept and are rarely accusatory, though often funny and informative.

I articulate the nuances. I use a rich vocabulary to communicate distinctions that will help to raise awareness and expand my family's appreciation of life.

I understand the power of my touch. From a gentle touch on the cheek, to a vigorous backrub, to wrestling on the floor, I communicate my love through the powerful medium of touch. And I know when to refrain as well.

I share what's there. I discuss difficult issues that warrant open communication without fear. I believe open communication will lead to the greatest family unity, even though the journey may be difficult.

My actions are congruent with my values. I am keenly aware that my actions speak louder than my words. The best communication is when words and actions match perfectly. Values in action...

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My father was a very successful engineer. But he and I never got along, and we fought all the time. One day, when I was 17, I told him, "I always wanted a close relationship with you, but we don't have it." I watched as three tears squeezed out of his pained eyes. And he said, "I've always wanted that, too, but I just don't know how to do it." Since that day, we haven't argued. I got it. I understood his love for me was really deep. A lot of fathers are in the same boat. They love their kids dearly. But they don't know how to express this in a way that their kids understand it. Which means there's great pain in one of the most important relationships in their lives. I offer adventure, mentoring and coaching programs for fathers to become Awesome Dads. The benefits are a lifetime of pleasure and pride with the most important people in their lives. Dovid Grossman

Awesome Dad's Top Ten Communication Intentions

Adult ADD: Use ADD To Make Their Day (And Yours)...

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