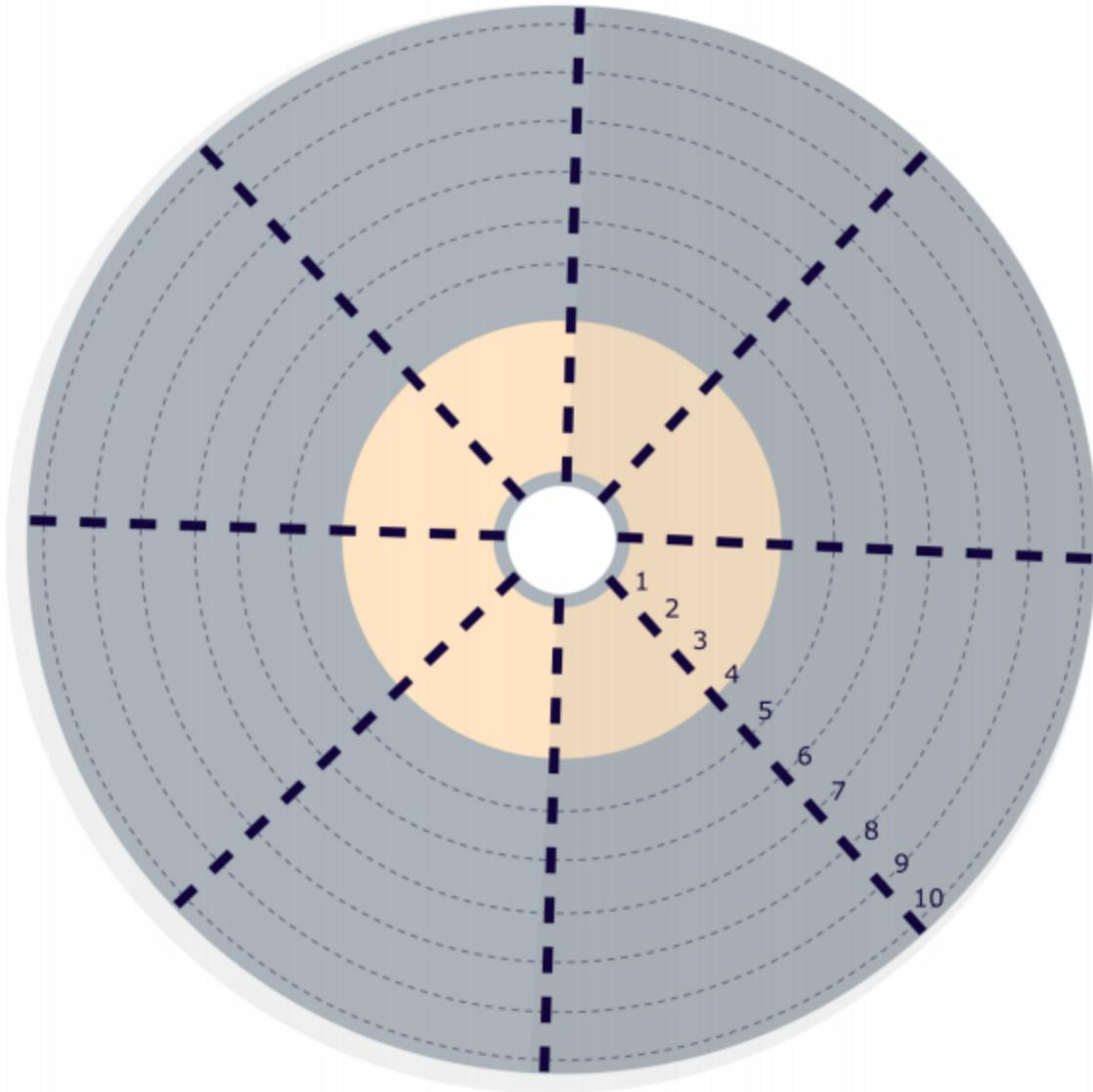


# THE DAD DISC



The Dad Disc is a great way to bring balance to your life and identify areas that you want to develop.

Here's how it works...

List 8 parts of your life that are most important to you, in no particular order.

For example:

1. Career
2. Health
3. Finances
4. Relationship with your kids
5. Relationship with your partner
6. Personal development
7. Fun
8. Helping others

You list the ones that are most important to YOU!

Use the template provided to complete your 8 sections.

Each section impacts upon the happiness of your life.

By completing the disc and being truly honest with yourself, you can visualise which areas of your life need work.

Also, you can see which areas of your life you are grateful for.

**When you have completed your disc, ask yourself...**

Which area of my life am I most grateful for?

Which area of my life would I most like to develop?

What will I gain from improving this area of my life?

How will this impact me and those around me?

What do I want my disc to look like in 12 months time?

What do I want it to look like this time next month?

What action can I take in the next 7 days to help me move one of my scores up by one point?

As you are now registered with the Mindset Dad Tribe, we will send you occasional emails to help you on your fatherhood journey.

These will typically include content which will influence your belief, patience, confidence and sense of identity.

You can also head over to the **Mindset Dad Facebook Group** now if you're not already a member, request to join and introduce yourself.

Our support network is full of dads on their own self-development journey into fatherhood. You're welcome to join the discussion.