

THE  
**DAD**  
BALANCE  
WORKBOOK



**BE THE BETTER DAD** COM







---

## Family Time Worksheet

---

What are your social and emotional obligations to your family? What meals do you eat together? What activities do you do with your children, and with your partner?

Make a list of everything you know you should do at least once a week. Put a star next to daily activities with your family.

**This is what I am already doing with my family every week:**

---

---

---

---

---

**Some things I really like to do with my partner:**

---

---

---

**Some things I really like to do with my kids:**

---

---

---

**If I had an extra hour each week with my partner doing anything at all, it would be:**

---

**If I could spend another hour each week with my kids doing anything, it would be:**

---

**Something new I can commit to doing with my family, starting this week, is:**

---

**Something new I can commit to doing with my partner, starting this week, is:**

---

---

## How Balanced Are You?

---

Rate your satisfaction with these areas of your life. 1 = lowest 10 = highest.

**Work, career, and finances:** \_\_\_\_\_

**Family, home, and relationships:** \_\_\_\_\_

**Recreation, fitness, and personal development:** \_\_\_\_\_

What could you do to increase your satisfaction with the Work in your life?

---

---

---

---

---

What could you do to increase your satisfaction with your Family in your life?

---

---

---

---

---

What could you do to increase your satisfaction with the Play in your life?

---

---

---

---

---



---

## The Worst Chore

---

For a long time, I hated the laundry. Avoided it at all costs. Never liked doing it. Then I realized: what I hated most was putting the clothes on hangers.

Once I recognized the part of the chore I liked so little, I was able to devise a way to do this chore that didn't make me irritated every time I did it. Now I've saved myself an hour of aggravation every week, by buying an extra dresser to fold up clothes that most people would hang on a hanger. My clothes are more wrinkled, but my heart is more serene, and with peace such a valuable commodity in fatherhood, I count it a fair trade.

**What is the chore that makes you most angry? List more than one if you need to.**

---

**What makes you mad when you do this chore? Let it out.**

---

---

---

---

**What changes can you make to improve this? List some ideas.**

---

---

---

---

**What is one thing you can do this week to make your chores easier?**

---

**What is one thing you can do this month?**

---

**This year?**

---

**Schedule each of these things. Put them on the calendar. Make things happen!**



---

## Finding Overlaps

---

There are plenty of things you can do simultaneously. When I take my kids out to the park, I use the time at the playground to stretch my body and get some exercise. If I can combine a work trip with a family visit, then I have more time for Play later that week.

List some ways you could combine areas of your life into individual activities.

**Activities that combine Family and Work are:**

---

---

---

---

---

---

---

**Activities that combine Work and Play are:**

---

---

---

---

---

---

---

**Activities that combine Play and Family are:**

---

---

---

---

---

---

---

---

## Take the Time for Life Repair

---

If you dedicate a block of time to chores every week, they will take less of your time. If you do them whenever you get to them, they can take much more of your week than necessary or not get done at all.

Consider taking a weekday afternoon, or a weekend morning, for dedicated Life Repair. 3 hours dedicated just for chores and errands. You have to run to the bank, the hardware store, and repair the garage door? Do it all on Wednesday afternoon, or whatever time of the week you have reserved for fixing up your life.

**Three possible times you could have a 3-hour block for your chores and errands:**

---

---

---

Take special care with those chores you don't like to do. If they have to get done every week, and you really don't like doing them:

- Give yourself a reward for getting it done. I go out to a nice cafe when I have to pay my bills, and treat myself to a chai tea, instead of my normal drip coffee.
- Find a way to minimize the impact the chore has on your life.
- Hire someone else to do it. My daughter started breeding bunnies, and cleaning out the hay was causing me distress, so I pay somebody a few bucks to deal with crap.
- Ask for help from your partner. Maybe what grates your nerves is easy for them.

Next, look over your Chores list from the previous page, and ask yourself: *can I batch any of these chores together?*

**Doing similar chores all at once is easier than doing similar chores all the time.**

Create three 'batches' of chores, things you can easily do all together. These groups will be the major candidates for what your Life Repair is going to be all about.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

---

## **Problem Repair Worksheet**

---

**What is a situation in your life that causes you distress?**

---

---

**What advantages do you have for keeping things this way?**

---

---

**What does it cost you to keep this situation in your life?**

---

---

**How do you participate in allowing this situation to happen?**

---

---

**What is it that you really know that you are hiding from yourself?**

---

---

**What would you prefer to have happen, instead of the current situation?**

---

---

**What could you do this week to change things for the better?**

---

---

**What requests can you ask of others to help you make this change?**

---

---

**When can you commit to having that done?**

---

---

---

## Please Share This With A Dad You Know

---

I hope you found this workbook useful! If you have gained any clear realization that will help you to Be a Better Dad, then I have **one small request** for recompense:

**SHARE this ebook with a dad you know.**

**[clicktotweet] and tag your friend!**

**[share on Facebook] and tag your friend!**

**Email them a link to the landing page!**

[www.bethebetterdad.com/dad-balance](http://www.bethebetterdad.com/dad-balance)

**Follow Be The Better Dad on social media:**



And if you've a mind to follow the author around, this is where you can find me:



## **CAELAN HUNTRESS**

Father of 3. Blogger. Parkour athlete.  
Digital media producer. Former superhero.

Follow me on [Twitter](#) and [Medium](#)  
Subscribe to [Habits of Excellence](#)