THE FUNDAMENTALS OF FATHERHOOD

GOALS FOR THE SEASON



2

MODULE

THE VALUE OF VALUES



Successful teams have goals and standards. They know where they are going and what they believe as a team. They also realize the beliefs they hold as individuals may not be beneficial to the team as a whole. Most, if not all, teams begin the season with a goal of success.

The same can be said about successful families. Most people want a happy family. They want strong, safe, secure relationships with the people they love. Some are just much better than others at connecting this goal with the actual values and activities that help them achieve their dreams.

Directions: Coaches from the clip listed **six** values associated with a winning season. In the space below each term, define it in your own words. Think: *How are each of these values relevant to my role as a dad?*

1. **Self-evaluation is required.**

2. **Teamwork is a priority.**

3. **Accept your role; don't settle.**

4. **Set rewarding and realistic goals.**

5. **Daily work, routine and strategies.**

6. **Working well together takes time.**

What are some other values or standards associated with a winning season?

When you hear "value" and "standard," what other words come to mind?

1.

2.

3.

4.

5.

What would you say are the values or standards important to the way you live your life?

How are these values and standards important to your life?

RECOGNIZING & RANKING VALUES

Directions: Put a checkmark in the appropriate column to indicate the value of each item to you. Consider each item and choose **five** that are most important and **five** that are least important to you.

What I Value	Very Important	Somewhat Important	Least Important
Being well-known in the community.			
Personal appearance.			
Having successful children.			
Being happily married/in a committed relationship.			
Being a great dad.			
Having fun.			
Having the respect of others.			
Financial security.			
Having an enjoyable job.			
Spending time with friends.			
Helping others in the community.			
Having a nice car.			
Living by my faith/beliefs.			
Having a good/healthy sexual relationship with my partner.			
Getting along with my extended family.			
Expressing my creativity (music, writing, drawing, etc).			
Having trustworthy friends.			
Being fit and healthy.			
Living according to my cultural traditions.			
Attaining higher education (anything after high school).			
Caring for aging parents.			
Owning a home.			
Traveling.			

Which five items are the most important to you? Why?

1.

2.

3.

4.

5.

1.

2.

3.

4.

5.

Which five items are least important to you? Why?

TEAMWORK

Directions: *In teams of three or four, answer the following questions:*

1. How are your values similar or different from the family in which you grew up?
2. How do your values influence your day-to-day decisions?
3. Which values are more difficult to reflect in your day-to-day life?



Goals & values on the field

"Goals must be both realistic and rewarding ...
Write them down and hold each other accountable."

- Coach Frank Tristan

"VALUE" AUDIBLES

Why do you hold a certain belief or value? Are you just saying it because you heard your own father say it, or do you truly stand by it? You may hold a belief or value someone else finds controversial. When talking about beliefs and values it is important, we understand that others may not agree with us, but by having a calm, clear discussion both parties can gain **knowledge** and **understanding** of each other.

Directions: The following statements are designed to help you see what you value. After each statement, **rank** your agreement with the statement on a scale from "1" to "10," with "1" being "Strongly Disagree" and "10" being "Strongly Agree." Don't worry—there's plenty of room in the middle.

EXAMPLE: *"Women give children emotional help; men give them real-world help."*

1	5	10
(Strongly Disagree)	*(Neutral)*	*(Strongly Agree)*

X

Men and women can care for children equally.

Fathers should stop showing affection to their sons when they become teenagers.

Once you have a child, you become a man.

Men who father children should be forced to pay child support.

A man who shows his emotions too often should be considered weak.

It is a woman's responsibility, not a man's, to use birth control.

A man should take any job available to support his family.

There are things a man should never tell his partner.

Marriage messes up good relationships between men and women.

It is not a father's job to do things like change diapers, bathe or feed young children.

REVIEWING YOUR GAME

After completing the activity on page 5, you may begin to question some of the values you hold or become even firmer in your beliefs and why you do the things you do.

In the space for Game Plan Reflections and Takeaways, think about the things that you value and write on one or more of the following questions:



Does my behavior in the real world fit in with how I ranked valuable audibles?

Can I explain any discrepancies between what I wrote and how I behave?

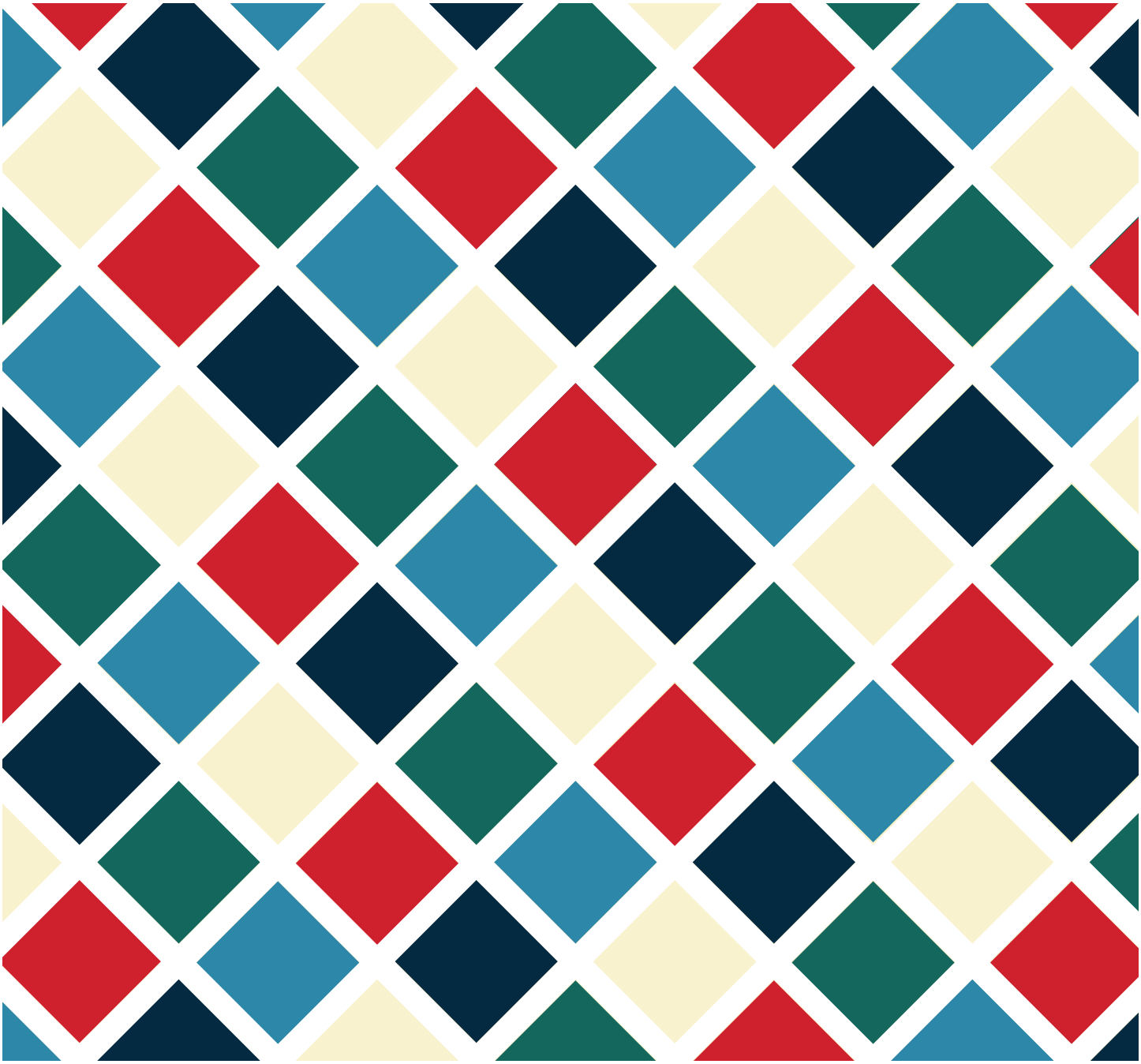
What happens when I do not behave according to my values?

What values did I have before I had a child? Have my values changed?

What values do I want to pass on to my children? Are there any I want to change so they do not inherit them?

How will I communicate and coach my children in my most important values?

Use the space below for your Game Plan Reflections and Takeaways.



YOUNGBLOOD

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Special thanks to coaches Dave Collins, Corey Gipson, Chuck Hepola, Jon Leamy, Scott Nasby, and Frank Tristan. Printed by Liberty Press in Springfield, Missouri.

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