THE FUNDAMENTALS OF FATHERHOOD

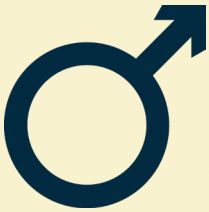
BECOMING THE MVP



3

MODULE

DEFINING MANHOOD



Even though it takes everyone working together to forge a winning season, men may question if they're even on the team if they are not the star player. What does it mean to be an MVP (Most Valuable Player) and MVF (Most Valuable Father)? How does a child's mother figure into this equation?

When it comes to what defines a man, our culture often presents conflicting ideals regarding healthy masculinity.

It's important to remember that every dad can become the MVP of his team once he realizes who he is as a man, what he wants to become, and what he needs to change.

Directions: Coaches from the clip listed **six** traits that make up an MVP. In the space below each term, define it in your own words. Think: *How are each of these traits reflected in my role as a dad?*

1. Talent + Hard Work.
2. Having a purpose on the team.
3. Determination + Effort.
4. Be a leader on and off the field.
5. Choosing right every day.
6. Pay attention and be intentional.

What other traits might an MVP possess?

IS HE AN MVP?

Each of the men below is/was a great man, a "most valuable player" of some sort in his area of influence. What made him an MVP? Was he also a good father?

Directions: Rate each of the following on a scale of 1—10, with "1" being a **poor dad** and "10" a **great dad**. Be prepared to explain why you ranked them as you did. Don't worry—there's plenty of room in the middle. If you do not know enough about the man listed, you can skip him.

Prince Charles

1 10

Archie Manning

Dale Earnhart Jr.

Tiger Woods

John F. Kennedy

Dr. Martin Luther King Jr.

Abraham Lincoln

Patrick Mahomes

Brad Paisley

What characteristics make a good man today?

Which men did you idolize as a child?
(Someone you personally knew)

Which men did you idolize as a child?
(Someone famous or historical)

WHO DO YOU KNOW?

We never really know everything about a historical figure—the good and bad, his strengths and weaknesses. This is why it's also preferable to have some real life role models—that is, people we **admire** and want to be like. Sometimes these folks can also serve as mentors. List one or two men you consider to be a good **role model** for manhood and fatherhood. Be prepared to explain why you picked them.



Molding players into leaders

"The most valuable player is a leader on and off the field. You have to make sure your teammates are doing well."

- Coach Scott Nasby

REVIEWING OLD FOOTAGE

Whether you had a good or a bad example, as a man today it's important for you to know that your view of manhood was influenced by the men around you in your **childhood**. It's helpful and important to take time to look back and see what was and was not helpful and healthy.

Directions: Fill out the following questions and then get together with one other dad to **discuss** the answers. Fill out as much as possible, but remember you are the boss when it comes to deciding how much information you share.

1. What was it like growing up in your house as a child?

2. What was your relationship like with your dad?

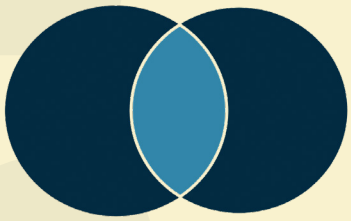
3. Who were the men in your life from whom you learned the most?

4. Were the lessons you learned helpful? Why/why not?

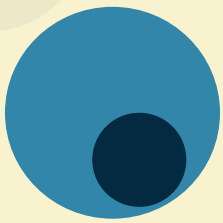
5. What traits or ideas are you focusing on to pass down to your kids?

WHAT MAKES AN MVP?

When it comes to what defines a man, our culture often presents conflicting ideals regarding healthy masculinity. This makes knowing what defines a good father even more challenging. Perhaps your idea of a good man overlaps with your idea of a good father, like this:



Or maybe the traits of a good dad are encompassed in the traits of a good man, like this:



In the space to the right, reflect on the methods for asking for help and answer one or more of the questions below.

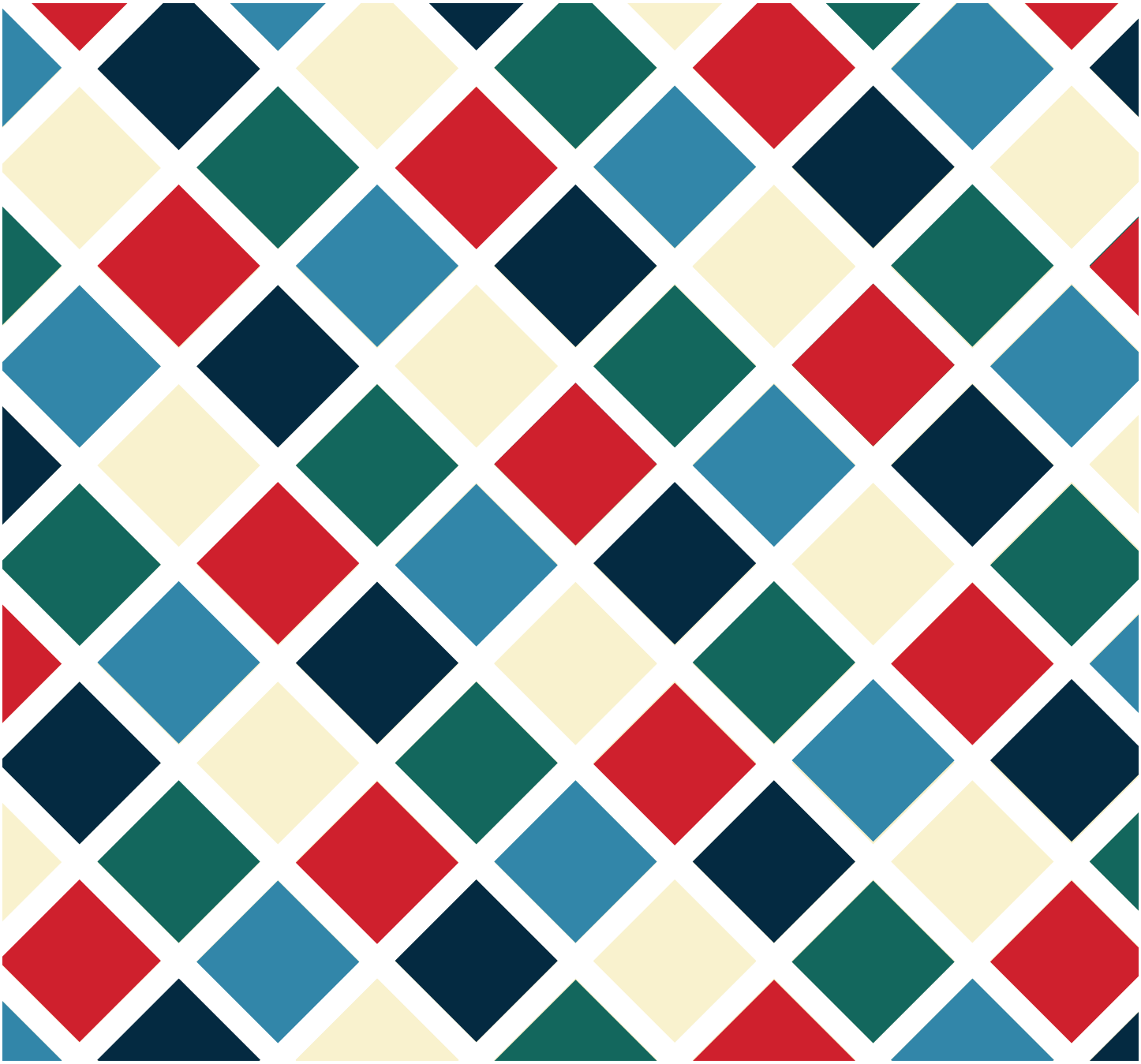
?

Do I have ideas about masculinity that aren't healthy for me?

Are my behaviors as a dad similar or different from that of my own father figure?

How can I be a team player in my family even when things are stressful?

Use the space below for your MVP Takeaways.



YOUNGBLOOD

KIA NISSAN

GOOD DADS

"Helping Kids One Dad at a Time"

205 West Walnut Street, Suite 10
Springfield, MO 65806
417.501.8867
www.gooddads.com

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