

a Dadwell guide

FATHERLY INQUIRY



DW&C?

Dadwell & Co. is an independent media project at the intersection of creativity and fatherhood.



ASK BETTER QUESTIONS


Dadwell & Co. believes, as fathers, we could all benefit from asking ourselves more questions (more often) as a practice of self-reflection, growth, and healing.

In one month, can you become more thoughtful? More self-aware? We think so. What follows is a humble collection of "fatherly inquiry" to initiate more introspection as men, partners, husbands, and dads.

31 days. 31 questions. Take a little time to ponder each, jot down your thoughts, learn more about yourself, and start the process.

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Dadwell & Co.



FATHERLY
INQUIRY



01

*How has your childhood
shaped who you are
as a father today?*

02

*When's the last time
you felt like a man?
Like a father?*

03

*What legacy do you want
to leave your child(ren),
and are you on track
with leaving it?*

04

*What have you done
(or not done) that you feel
guilty about?*

—

*How are you going to avoid
making that mistake again?*

05

*What really matters
right now?*

06

*What does winning mean
to you in life right now?*

—

*What aren't you willing
to compromise for it?*

08

*Are you filling your time
and your mind with things
that matter as much
as your family?*

07

*What do you need
to let go of?*

09

*Where have you fallen into
mundane routines with
your child(ren)?*
—
*Can you shake these moments up
to create more fun or connection?*



10

*Are you really taking on
your fair share of the full
responsibilities for raising
your child(ren)?*

11

*What do you continually
ask yourself?
—
Is it helping you be better?*

12

*What do you know about
your child(ren)'s character,
personality, their loves,
and hates?*

13

*How are you modelling
the person you hope
they grow into?
—
How can you do that better?*

14

*What 3 words best
represent your approach
to parenting? Why?*

15

*Are you where you thought
you would be at this point
in your life?*

16

*In a decade, when you're
stiffer, achier, and spending
time and money on different
things—what will you regret
not doing now?*

17

*When you're old and know
you're dying, what will you
regret most?
—
How do you want
to be remembered?*





18

*What are you most proud of
and thankful for in life?*



19

*How do you stay grounded
when the world gets overwhelming?*

20

*What makes a family
experience meaningful for all?*

21

*Who do you go to with
tough questions?*

22

*How and where do you
nurture yourself and your
creative practices?*

23

*What one lesson have you
taught your child(ren)?
—
And what's one you want to,
but haven't yet?*

24

*When do you feel
most present?*

25

*How do you build trust
with your child(ren)?*

26

*What commitments
have you made to yourself
more than once?*

27

*What do you really want in life,
and what price are you willing to
pay for it?*



28

How does what you do make a difference to others beyond your family and children?



29

What are your favorite and least favorite fathering traits in yourself?

*What do you wonder most
about your child(ren)'s future?*

*What's one thing keeping you from
being more of the dad you want to be,
and how will you change it?*



THE AUTHORS



After years of smoldering angst and resentment, **Antonio García** found himself unable to reconcile his identity as a father and as a creative. So he quit his agency job, embarked on a year-long sabbatical, and launched *The Dadwell Podcast* to explore the practices and philosophies of maker / artist / designer dads who are managing thriving entrepreneurial creative practices while remaining present, engaged, kick-ass fathers.



After the shock of realizing he was an angry dad, **David Willans** found he couldn't answer a seemingly simple question: what does it mean to be a "great" dad? So he created *BeingDads* to find the answer. David now runs workshops to help other dads and writes about the research, interviews, ideas, conversations, questions, and principles he's exploring to better understand modern fatherhood and what it takes to achieve greatness as a dad.

Inspired? Share *your* fatherly inquiries:
questions@dadwell.co

CREDIT AND CONTACT

Studio /A
Design & Art Direction

Unsplash / Envato
Photography

Dadwell & Co.
dadwell.co

@ dadwell.co
dadwellco
in dadwell
dadwellco

BeingDads
beingdads.com

being_dads
beingdads
beingdads

DW&C^o

DADWELL.CO