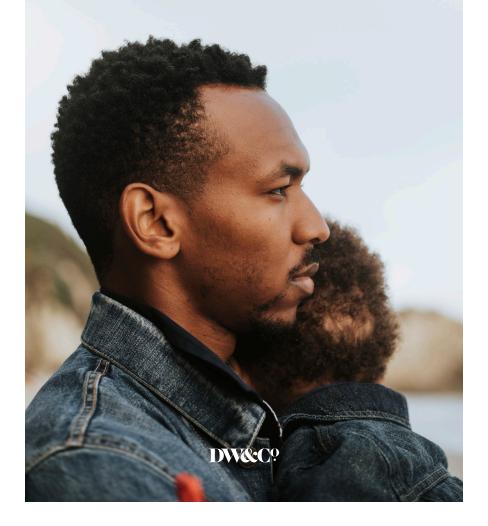
a Dadwell guide

FATHERLY INQUIRY



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.

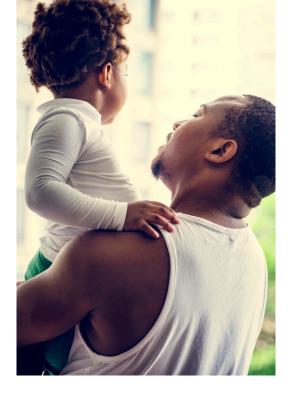
31 days. 31 questions. Take a little time to ponder each, jot down your thoughts, learn more about yourself, and start the process.

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Dadwell^c



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

01

How has your childhood shaped who you are as a father today? 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? What do you need to let go of?

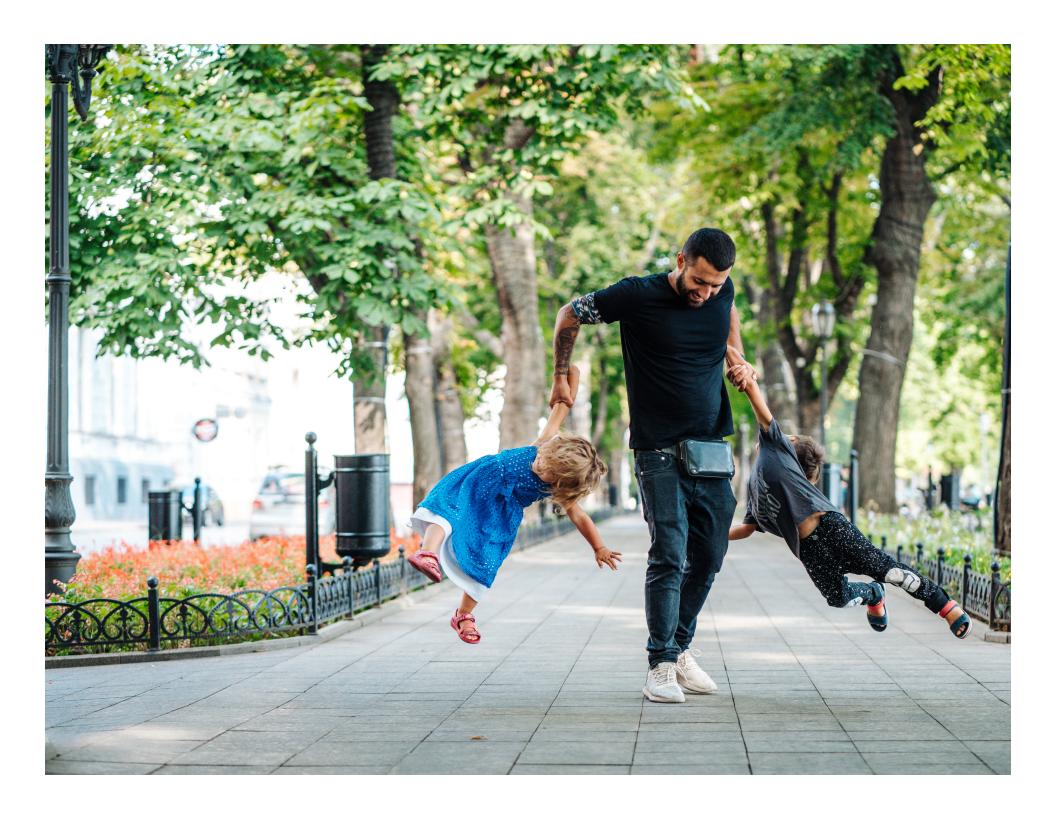
09

Where have you fallen into mundane routines with your child(ren)?

Can you shake these moments up to create more fun or connection?

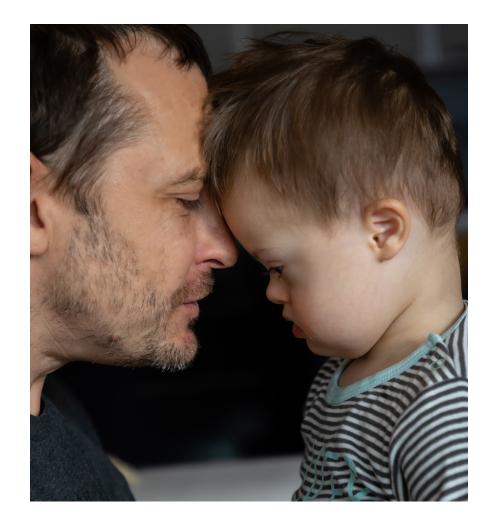














How does what you do make a difference to others beyond your family and children?

28

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

29



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**

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