

The 21CD Fathering Self-Assessment Tool



We spend time based on our own sense of priorities. For men with families the basic tug-of-war for time is between **family** and **work**.

When asked, most men would say their family is the most important aspect of their lives. While fathering, like mothering, doesn't come with a handbook, there are two primary obstacles to becoming a better father: **time** and **awareness**.

Congratulations for taking the time to take this self-assessment and develop a greater awareness for improving your fathering. Being a Great Dad is no more than being a great leader within your family. The process starts with figuring out where you are and then charting a path to where you want to be. This self-assessment tool is meant to be a starting point.

Instructions: answer each of these questions candidly and honestly. Remember, you are self scoring this assessment and you are doing this for your own benefit. The purpose is to identify where you are today, not where you want to be.

This assessment is divided into four categories: **Financial**, **Physical**, **Emotional**, and **Spiritual**. Score yourself on a scale of 0 to 5 using the following ratings:

0 - Not Applicable	1 - Never	2 - Rarely	3 - Periodically	4 - Frequently	5 - Always
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Financial –

- | | | | | | | |
|--|---|---|---|---|---|---|
| 1. Do you talk about saving and investing with your children? | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. Do you provide your children with an allowance? | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. Do you play games like Monopoly and Cashflow with your children? | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. Do you provide 100% of your family's weekly financial support? | 0 | 1 | 2 | 3 | 4 | 5 |
| 5. Do you involve your children with donations to charities? | 0 | 1 | 2 | 3 | 4 | 5 |
| 6. Do you read financial publications (i.e. WSJ, Business Week, Forbes, etc.)? | 0 | 1 | 2 | 3 | 4 | 5 |

TOTAL _____

Physical –

- | | | | | | | |
|---|---|---|---|---|---|---|
| 1. Do you exercise on a daily basis? | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. Do you spend at least 2 hours a day with your children? | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. Do you eat dinner with your children? | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. Do you interact with your children's teachers? | 0 | 1 | 2 | 3 | 4 | 5 |
| 5. Do you talk with the parents of your children's friends? | 0 | 1 | 2 | 3 | 4 | 5 |
| 6. Do you hug your kids on a daily basis? | 0 | 1 | 2 | 3 | 4 | 5 |
| 7. Do you help your children with their homework? | 0 | 1 | 2 | 3 | 4 | 5 |
| 8. Do you avoid habits or actions you want your children to avoid (i.e. drugs, alcohol, and smoking)? | 0 | 1 | 2 | 3 | 4 | 5 |

TOTAL _____

Emotional –

- | | | | | | | |
|--|---|---|---|---|---|---|
| 1. Do you tell your kids daily that you love them? | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. Do you talk with your kids about their hopes and dreams? | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. Do you talk with your kids about their fears and concerns? | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. Do you handle crises in a calm manner without striking your kids or raising your voice? | 0 | 1 | 2 | 3 | 4 | 5 |
| 5. Do you show respect to the mother of your children? | 0 | 1 | 2 | 3 | 4 | 5 |
| 6. Do you talk with your parents on a weekly basis? | 0 | 1 | 2 | 3 | 4 | 5 |

TOTAL _____

Spiritual –

- | | | | | | | |
|--|---|---|---|---|---|---|
| 1. Do you read the bible on a daily basis? | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. Do you meet weekly with a bible study group? | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. Do you attend Church/Synagogue/Mosque weekly with your children? | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. Do you pray with your kids? | 0 | 1 | 2 | 3 | 4 | 5 |
| 5. Do you talk with you children about age appropriate faith based issues (i.e. telling the truth, respecting others, non-violence, etc.)? | 0 | 1 | 2 | 3 | 4 | 5 |

- | | | | | | | |
|--------------------------------|---|---|---|---|---|---|
| 6. Do you tithe your earnings? | 0 | 1 | 2 | 3 | 4 | 5 |
|--------------------------------|---|---|---|---|---|---|

TOTAL _____

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Continued



Evaluating your assessment: Add up your score by category.

Rank yourself from highest to lowest category:

Category with highest score _____
Category with next high score _____
Category with next high score _____
Category with lowest score _____

Category scores of:

- >25 Great job, not too much room for improvement.
- 20 to 25 Good job, select one low number issue and make this your focus
- 15 to 19 Average. Pick at least two issues to focus on.
- 10 to 14 Below Average. Come up with a game plan to make improvements.
- <10 There is Gap to Fill. You should reach out for help. Seek out another dad(s) or an organization who can help.

1. Any surprises? _____

2. What does this ranking tell you? _____

3. Does this ranking coincide with your values/priorities? If not, them resolve to do something about it.

Action Steps for Improvement: Review your responses. Reflect upon what these responses suggest about your fathering, and Resolve to apply this heightened awareness to strengthen the relationship with your children.

Financial: _____

Physical: _____

Emotional: _____

Spiritual: _____

Please visit: www.21stcenturydads.org, click "Resources/Resources by State" to view one of the Internet's most comprehensive listing of responsible fathering resources.

Date: _____