

- Speaker 1: [00:00](#) I don't know. A way to replace time with a child that's consciously present, right? That you're in the moment. You're here now, be here now and maybe a mantra for our dad. You could be here now more often with your wife. Be here on now more often with your child. How much more connected could you be? All right Chris yonker welcome to front row dads, man. Good to have you here. Thank you for having me
- Speaker 2: [00:25](#) so deep. We're just talking about your book, soul intention and executives guide to building a life by choice, not by chance. And I was about to ask you a question and I thought this is a perfect one to lead off with the podcast. This is why the book, what led you to that place to write a book? Was it pain? Was it purpose? Was it all the above? Yeah. So a lot of folks,
- Speaker 1: [00:48](#) I believe in paradigms, right? We run our lives based upon what our philosophy is on, but we believe we are who we believe about our roles. What do you leave about life and how life is. And I think what, and I don't think I know when into happening is, is that there's, because it tends to be three different models. There's this model of I live in this world and I have no control and shit. This happens and I'm along for the ride. Then I'd lose a online paradigm in a language that goes with that, right in the story. Then there's the one of like, I'm king in the world, I am God. I make everything happen.
- Speaker 2: [01:24](#) And that's that.
- Speaker 1: [01:25](#) And then there's third philosophy of like, well there's things I can't control, but I also have choice and I have responsibilities as a human being, so I can actually navigate this accordingly. And so for me, what it came down to is I saw so many people that ended up buying into their stories so much and we can get into parenting and that's one that oil boy, man, even that I'll use of go right there is an illustration. We're a late bloomers in the parenting realm. So our daughter's born a half right now and I'm almost 50 years old. So you start talking about something, right, okay. That people have experiences with. Everyone has experienced with parenting. I don't know where the hell they went to school, but you know, you know, I both know where that is and everyone has rigid philosophy. I'm what it means to be a parent and what your life's gonna look like as a parent.
- Speaker 1: [02:16](#) And the things like that come up in my life at times. It really quite frankly can piss me off because people project their experience on other people and then other people buy into it. And this becomes this, this rapid consciousness of how things have to be right. And quite frankly, I believe that if you have

clarity in what your, your vision is and what your outcomes are, you can develop mindset and then the dish eventually strategy to create that as a reality. Right? Yup. And as I look at my work, so I had this client that I was working with, I have actually a few like this are succession project. So we're working with a family owned business. Someone wants to move. How that move on to someone else in the family, put other people in other seats. That type of thing. Anytime you come into family, automatically you're dealing with the dysfunction of a family.

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You get the business function and then you've got the family dysfunction. [inaudible] and I did it because it's, uh, I'd like to get into that, uh, because it was all created over time. Like the family wasn't born that way, right? Like the philosophies and the family programmed and conditioned in and it was to say I'm working with the CEO and they constantly had challenges and relationship too. Getting wait, we'd get a strategy, a like, okay, here's what we're going to do, how we're going gonna optimize a business, how we're going to move them from this role. We made some mindset ships and then he screwed up and get involved. But you get in the weeds and he jacked things up and it's like, I'm like, what is going on here? So I ended up having a conversation with them and I asked him, what do you agree?

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Ask Your question, what do you believe about success? What has to happen for that to occur? And he said, well, you pay the price, you suffer and then your breakthrough. And I'm like, whoa. So you like happy to like suffer to have success, you said? Yeah. I'm like, what if that wasn't always the case? Oh, I wouldn't know that. I, that's how I've always created my success. I'm like, Whoa, dude, this is crazy. I'm like, okay, get it. Like, so you've created this strategy call. I suffer because by it also acquainted, the other thing he anchored was, is that in order for me to feel that I had that I deserve the benefits, I had to pay the price and whatever that pay the price is. And if I don't pay the price, then it's not, no, I don't, I'm not worthy of whatever it is.

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So I'm, I need to find a way to suffer and make this difficult. So I'll sabotage it and jack this shit up and make it complicated even though it doesn't need to be. Yup. This can be a constant pattern because especially for, I think sometimes for guys is like, I want to be the man. I want to, uh, when to lead the family. Uh, I want to make, maybe sometimes it's fair, I want to be the bread winner, whatever that might be. And in order to do that, I've got to do x, y, and Z. And that is what it is. And so what ends up happening, quite frankly, in other side, I've had several engagements where I started working, coaching the CPO one-

on-one, then I started working with their executive team. And then if their kids aren't even in the business, I get, they hire me to work with their kids.

Speaker 1: [05:28](#) And I've done several of those. And it's really fascinating because I'm like, this is awesome. I get to help the kid. I get the help the dad or the mom. Sometimes I'm working with all three and I'm like in a laboratory of what I can learn about being a better parent so I can apply this back to my own life. Right. And then also I can help other people maybe that aren't, are at a different place in regards to, you know, their kids, not 24 years old living at home and doing whatever. Right. I'm not saying that's bad. So I was living at home, but okay. Certainly certain things that happened that one, that parent or that CEO built their company, they created a situation or they did not set that kid up nes for success with the right foundation. And then so I started unlocking what those elements were.

Speaker 1: [06:22](#) And so by the time I got to become a parent, the benefit for us anyway, I'm not saying like, you know, you can become bulletproof, right? Like it's not as it were raised, you're raising a human being. [inaudible] has their own choice, right? And so they're, they're going to navigate accordingly anyway. By Age seven, you will program in there their beliefs about themselves, the beliefs about the world, beliefs about how things work and don't work, their values. That stuff's going to be locked down. And if you're not around because you're busy providing for the family and you're not there to help. No, I don't know how to frickin replace time. And I've had people tell me like, well, [inaudible], you know, get your business to this level. We've made conscious decisions, Jolie and I have with our businesses in relationship to like, I'm okay, there's a level we want to live at and we're growing, but still I know I could add, there are times I could be doing more consciously choose not to.

Speaker 1: [07:20](#) Not too, because I want to wake up my daughter every day. I take her to school every day. Some days I pick her up some nights in jellies. Oh, running her business. I'm a, I take Tuesday nights. She does Mondays cause I teach karate on Mondays. But like I love that, right? It's about integration. And one of the paradigms that came up with parenting was like, oh you're just leave now. Cool your life sober. Oh get your travel in. You're not going to travel anymore. Oh No. Go out to dinner. Piss on that. We're going to go out to dinner. We're going to travel like right away. We just, we integrated grace into our lives and she's, you know, even today, like we go to wine bars, places you'd never see kids. People can't believe all that. I'm like, yeah, because

we, well, we set it up, you know, intentionally that way we wanted to integrate her into our lives.

Speaker 1: [08:07](#) So, Hi Jack, this thing for a second there tonight, you have a four and a half year old daughter. Yeah. How long have you been married? I've been married for 23 years. 24 years in this fall we've been together for 29 year. Wow, man. Congratulations. That's a, yeah, and I say that, you know, I was just doing, I was like, why do people say congratulations? And it's like, well, after 10 years of being married, I can, it's a very difficult thing. You know, it can be a very difficult thing. In fact, I was on a walk the other day with a buddy and we brought, we were just talking about the fact that even if we took our best friend in the world and we had to live with them 24 seven we'd be angry at them. A lot of times, you know it, even your best friend in the whole world, it's like, yeah, that person would probably get on my nerves.

Speaker 1: [08:55](#) So anyway, here's why I want to do 23 years married, four and a half year old daughter. You mentioned something earlier about, Hey, the work you do allows you this, uh, almost like an incubator for ideas about how parenting works or does it work and then it affects your life at home. Have you taken directly from work that you feel in your four and a half years of being a dad have been effective? You mentioned a couple of them. Yeah. Well we'll use, right? Yeah. So one of things that we did is when we decided to be parents and we knew where we're going to have a kid we did, is we created what is the ideal model of the world for our daughter. So like what is, what do we want her to believe about [inaudible] about love, about people and well, we listed them out and then also we got really clear on what's the role of a parents.

Speaker 1: [09:50](#) And so I started studying in, I'm a, I'm a huge student, uh, as I'm sure I know you are and a lot of probably a lot of listeners, and I realize parenting is really about just helping aid independence and another human being, right? So we, we got really clear on that. So that's our good job day in and day out. Our job is to create independence. We have this timeline from zero to 18, and as time goes on and trying to create more and more autonomy, so I became more conscious of where am I doing it? Not doing that, right? Like, where am I not giving her enough autonomy that I should be because I pay it. They grow so fast. You're like, you know, oh, wait a minute. I don't have to wipe your rear end anymore. Like, why am I still doing it? Oh, because you're letting me, oh, got it.

- Speaker 1: [10:35](#) Yeah. Yeah. So being aware of what you're, what's parenting is about. That's a good frame that we integrated. The other thing was like, what are the components will be really want to build? We want to build respect. Yeah. Responsibility. Resilience and compassion are the four tenants we have. I mean, I'm memorized them because say other part of our frame. So respect, wait, went perspective herself, memories back, others responsibility. I own everything. If I can't accept responsibility, then I have to be a victim. Otherwise. Then what's the other side of that? Yeah, so a huge frame, right? Except responsibility for my thinking, my actions, how I feel that, what my response to stuff that happens that may or may not like, right? Those are places I can accept. Responsibility. Resilience, dude, this was, this is a big one right now, or I'm seeing with folks with, you may know this is probably one of the top of the four.
- Speaker 1: [11:28](#) This is the top one, four [inaudible] executives, entrepreneurs, people running business. This is the one that I see that there's the biggest issue and what happens is as spokes that builds businesses, why my clients are success, very successful entrepreneurs and celebrities as well. Celebrities. And what I found is is they just, you know, you're living in a different lifestyle and you have the means. So your kid basically kind of gets what you got. I guess the live along the ride and that's cool, but it's not cool because you can't never had an experience of overcoming problems because you fixed them all the fricking time. [inaudible] and the only way that I found to create resilience and another human being is to allow them to have the experience to overcome a fricking problem. Yeah. And I think what, you know, one question that I had, I know the folks are lists they might want to write down is like, where am I solving my kids' problems?
- Speaker 1: [12:29](#) That maybe because what guys would like to fix it, right? That's part of our problem is problems and our marriages at times because, no, I'm Angelina or out the other night. And uh, she was telling me something and I'm like, I've been married as long as I have and I read, men are from Mars, women are from Venus Probably 15, 20 years ago. But still, I forget at times, oh wait, I'm not supposed to fix this. I'm supposed to listen now. Listen, but listen, you know, and just be engaged and listen and not try to fix that. And I think at times with my daughter or you know, with the kid, I can see the same thing for a guy, you know, trying to do that. So I would recommend that like, hey, ask yourself where am I stepping in and solving a problem where, you know, I had a client that he told me, one of his friends who made quite a bit of money on a, on an exit, he realized he kind of built a little bit of non resilience in his kids.

Speaker 1: [13:28](#) They went traveled international and if you set it up, the kid be kind of safe but still him and the kid went to one place and then he told you wanted the kid to meet him somewhere else and the kid kind of had to figure it out. Yeah. They gave this kid his experience of traveling internationally and having to overcome obstacles and problems and they made it an adventure out of it. But think about what you know, that kid got out of the experience, right? Yeah. It's tough because you love your kids so much are to watch a child be in pain so to speak. But we have to understand that if they don't have the experience of overcoming like you and I could go on and on all day long about ourselves and people we know that had challenging painful experiences growing up out or even in adulthood and it sucked today we're thankful because it actually created some part of who we are.

Speaker 1: [14:19](#) Yeah. That allows us to contribute further to the world. Right. On that note, what experience did you have as a kid that sucked that you had to figure out how to get through? Yeah. One experience you're extremely grateful for today. Yeah. I have a few. One in particular was, so when you have a child, I love security and self esteem are three primary human needs. Tony Robbins breaks it down to six but you look at these three components, right? I've got to love myself. I want to be secure in who I am and and own that and you and own myself, but also like to secure my place in the world. So, and what I find is that love, security and self esteem, these three tenants typically with this function, that's where it comes from. Right? If I don't love myself enough, then now I got to do things for you so you'll be my friend.

Speaker 1: [15:08](#) Right? So I can feel good about myself. Right? So I'm going to be extrinsically wired myself that way. And so I was wired and what my low self esteem was probably a three self love, probably a three. My mom is extremely rigid. She grew up in a rigid environment also. She didn't know otherwise. She was one of five are her parents old were enlisted for World War II. So that like militaristic kind of environment got programmed into the household. And on top of that some of the family was not really good at expressing love. So my mom's philosophy was like, and I'm thankful for it, but she was extremely disciplinary. So level like you know, I'd be outside and I hadn't closed my closet and my bedroom and she'd screaming and had me come inside, shut my closet cause I wasn't in order. Okay. So what ended up happening was, is I really didn't believe myself.

Speaker 1: [15:57](#) I didn't have any frame to at all. I mean, if nothing else, like if you think you're special, you're not, was more of the philosophy

in the household then you know, anything else. So I got to this point where I became massive magnets of bullies. I mean, I was just a magnet to them and I was an easy person to pick on. And so I got my ass beaten over and over and I was shocked, man. I was like fearful. It was like being a kid can be really fricking tough. Right. And kids can be mean, they can be, the other kids can be assholes. Yeah. And it just, yeah, I noticed, yeah. You had the same experience. Similar. Yeah. Right on. So I'm like, I had this drives like, alright, I don't know where it came from, but maybe from God. But like Chris, come on, martial artists, at least you can like, like no one's gonna kick your ass anymore.

Speaker 1: [16:53](#)

So I studied a couple different things. And then finally, ah, well I started like, there's something like for 10 for a stint and then probably like around 12 for a stint. And then 15 dean, it took, uh, when I was 15 and I was in high school and that's when it was at bowling was really the worst. I started studying a martial art called sign sanction rue karate, which is, it's an Okinawan based style founded the United States. And so, uh, I started studying it right. And Aye loved it and I got really absorbed in it and that caused me to create a new experience. So I eventually got to a point where, uh, well now I'm in college, I got my black belt and now I'm like, all right, okay, I'm wearing something that says that I can do something and accomplish something that I'm actually [inaudible] worth shit and I can do something about it.

Speaker 1: [17:43](#)

And I also found a coach or a kind of a guy was kind of a therapist coach in college who helped realize some of this do that, built a lot of lies about who I was. And so this carina, this transformation, and they had this new experience that, well maybe I suppose since you started doubting what you believe, right, you can doubt it, then you can create a new frame because it makes it's weakened set. Right. And so I had a new experience that we can the frame and then that was for me that was a huge, like where shit went wrong and I would never change it that much. I could even tell you people's names that beat my ass. And probably in a college time I had a little chip on my shoulder. I even thought about going back to reunions, you know, having conversations and I, I grew out of that fortunately.

Speaker 1: [18:28](#)

But it was a, yeah, it was interesting. Yeah, man. How was your relationship with your mom and dad as a kid? How is it now you, you told us? That's a good question. It's great now. Uh, but it definitely, um, we just, we are in different places, different times and they can, and college and then in my, through my twenties and thirties, it was a bit fractured and it got rebuilt over the last 10 years. Quite a bit. Yeah. Quite amazingly. Now with both your highlight of my day, yeah. Highlight of my day

when I'm highlights my day is I call my mom every day. They live in Michigan every day I call her. Wow. Yeah, yeah, yeah. And we don't, sometimes we talk for half an hour, so just to talk for 10 minutes, but every day and then Grayson's here obviously in their Michigan. So we based on point a bit, technology is so bad ass.

Speaker 1: [19:18](#)

I mean, it makes it so easy for a kid to have like a better personal experience and we still get back. We have a second home in Michigan, so we still get back there a few times a year. But regardless, it helps build that bridge. Right. Because you know as well as I do, grandparents aren't gonna be around forever. Yeah, that's right. Yeah. That's a bag I started laughing inside when you said, you know, technology is so bad ass, like it allows us to connect and I just had this vision of trying to Skype or facetime with my parents in Virginia. Oh really? They live in and the country and their Internet's not fast every time. It's a total buddy. It did. And that, this is mostly my parents. So there were on face time like this, this is how they're on face time. Yeah. Well like you're not in the frame. Mom was like that in there. Like you know like this. Yeah. Yeah.

Speaker 1: [20:15](#)

Okay. I told Jolene, just let it go. [inaudible] it's okay. The hammering interaction that can take race in it is what it is, man. Yeah. Yeah. And I laugh because we texted my mom and we'll like copy her on stuff. So I'll send a picture too. I'll send something to my mom and my sister and my mom will respond just to me and my sister calls me or she'll, and then she'll ask me for the reply. She's like, can you send me mom's reply? Cause she can't figure out how to reply to all our texts. It's really cool, man. Tell me about your relationship with your dad and they're still married. Your mom and dad. Yeah. Yeah. Oh yeah. My relationship, my dad is from when I was a kid, so I was an only child. Yeah. So it was my friend. I mean that's kind of how it was.

Speaker 1: [20:58](#)

Like he was Kinda like, he wore both hats. I think there's probably times I probably could have used more of the dad role. Yeah. But my mom is such a habit. Hardcore disciplinary. I think he was trying to buffer it for the situation quite a bit. Yeah. Regardless, it was that challenge I ran into is that obviously he was married to her. So your parents, you know, we're modeling, our kids have experience of how couples get along. Yeah. Right. So like if we fight all the time with our spouses and yell and scream at each other, then that's a good philosophy of how couples love each other to a degree of person experience. As a kid, we don't think about this. Yeah. I'm just saying you don't, but people don't. And so there, there were times when my dad,



we do have a great relationship, but there are times where I've realized that I would like either wish that he handled my mom differently or stand up for me differently or whatever.

Speaker 1: [21:48](#) But it is what it is. Like everyone I think with a good thing for everyone I understand is like everyone's doing the best they can with the resources they have available and that the thunder line is resources, right? Some people have lower level of consciousness, some people have a lower level of education, people have lower level of experience and people are rooted in their bare dimes and are willing to change. It kinda is what it is. Like you can't change someone else. But I think there's a lot that I got from my parents and on both sides of the equation, right on the upside and on the downside.

Speaker 1: [22:21](#) You guys want to take a second to tell you about our front row dads retreat. If you would value connecting with a brotherhood of likeminded and lighthearted guys who want to deepen their sense of purpose and meaning as fathers and within their families and to talk about and share the best practices and the strategies for ultimate family success, then this event might be for you if you add value being around high performing guys without the big egos, guys that believe in being family, men with businesses and not businessmen with families. You might enjoy our front row dads retreat twice a year. We're getting together in person, small groups, cool locations, guest experts and so much more for these events. We've now done this multiple times. It has sold out every single time and if you're excited about it, make sure to check it out@frontrowdads.com where you can apply for the next retreat now.

Speaker 1: [23:11](#) Hi, one of the things you might be wondering is does leaving my family make me a better dad or husband? The answer is for many of you, I know you travel a bunch, you do other things and the idea for this one is you have to retreat to advance. You have to take a step back to gain the perspective so that we can go back and crush it within our families. This is the same concept that works in business where you take a moment, you think, you plan, you strategize, you work on your family so that you can be better in your family. If that all sounds good, check it out. Front row dads.com Chris, I love what you said about this idea of people doing the best they can with what they have. All right. A concept that I've heard people talk about before many times, but what I appreciate about what you articulated there, which was different than at anybody else that I've heard talk about that you really dialed in on the resources part, right?

Speaker 1: [23:59](#) You know you don't know their education. You don't know what experiences they've had in life. You don't know what their blueprint of the world would be, and when I think back on times where I've been really judgmental of people and then I learned a little bit more about their life, I became less judgmental. I think about a conversation I just had with my wife about, you know, we were at a couples retreat and one of the questions was tell me something that you want me to understand but you don't think I understand. It's a very powerful question, right? Tell me. And so my wife said to me, she goes, I don't think you really understand my uh, bringing in life. Like I know you knew I grew up in Russia, I grew up in Syria, in Soviet Russia, but not sure you truly understand like how that impacted my life about how I am now and today.

Speaker 1: [24:46](#) So I think she's right. Like I understand high level, some of the things she shared, I've been to her hometown and cross nay or Siberia like I or we got married. They're like, I understand on some level, but I truly don't understand all the experiences that she had. And even though we heard about you being bullied, I don't think we truly understand that because we didn't live through it. So there has to be a little bit of trusting that people are doing the best they can with what they have because that's the decision they've made that it's like, you know, that you have to believe that. Right, right. And you mentioned Tony Robbins earlier. I did a lot of Tony Events and Tony Talks about, look, people want power. They often just go, we all want power, right? Kids want power. We just, all, a lot of us go after it in different ways.

Speaker 1: [25:31](#) Some in healthier ways than others we would argue. So I think that's a really good thing to contemplate. Chris, let's switch gears a little bit here and talk about, you know, as a, as a coach, would you consider yourself a coach? Like if I say that like I'll wear that hat, I'll wear the hat of the life coach or where the head of an executive coach and wear the hat as a consultant because I get into strategy in business operations and we have people on our team that, uh, you know, a line up on that. So, but yeah, I hope we both saw problems and transition. Basically, you know, typically, typically come to me when they're facing some type of transition in their lives personally and or professionally. So speak to that concept a little bit then like when it comes to solving problems, you know, there's actually, I see a theme emerging here of the show.

Speaker 1: [26:14](#) You talked about it earlier with kids, right? Like allowing them to solve their own problems. You help people solve problems. Yeah. I would imagine that like questions you asked and you

helping people craft questions. Right. Do solve problems. Yeah. So think about it this way. If I'm stuck somewhere, then that means I want an outcome I don't got, otherwise it wouldn't be stopped. Right. And you know from, from your experience with Tony, because he's an NLP, not an NLP guy. In fact, train with someone that trained him when he was building personal power. Who's that? Um, why would small, he worked with Bandler and the guys that founded NLP. Yeah. So you'll find people moving over their wife right away. Pleasure, pain, right. There's two different levels of motivation, right? So I want outcomes. Right. And some of the people want outcomes. I had someone come to me recently as a celebrity who has created an amazing lifestyle, right?

Speaker 1: [27:11](#) And hates their lives. And we got into like, why are you doing this? Like, what's this about? It's interesting when you, especially when you, something that somebody spoke to operate with a different name, um, and you know that the public name and the first into other name and whatnot, it's like sometimes our identity ships off of that. Right? So who am I in it? The reason I bring that up is because even as a father, we have a role too. So if you think, what's the process of what you're asking? What's the process? The process is I gotta get clarity on what I want and whatever I don't want, but or level that's tied to my true, not tied. Essentially what I had some is what we think we want. We really don't fricking won it, but we've programmed ourselves to believe that we want it based upon what other people think, right?

Speaker 1: [27:53](#) Correct. Number one thing that people end up on their desk by them saying that I wish I made more decisions to honor my own truth and what I wanted instead of worrying about other people think or how they would respond to what I wanted. Yeah, right. So like that, that's the number one people's things that's been documented. The people's death bed that they've said in regards to regrets, it's probably good to pay attention to. So we get clarity on what we want. Vision is the number one thing first, right? Like you got to get it clear on what you want, what your values are. Here's the key. Oh John, we have to become the person to create the outcome. We have to become the person. So when I'm working with someone, I'm like, Hey, you're Oregon with me. Then you're signing up for change and transformation.

Speaker 1: [28:30](#) I know a lot of people use those terms, but I like, you're going to become not me. And that's the only way we can get you there because who you've been up til now has been your problem. Not all the way around but part of you for sure. And then so

then that tied into two areas. It's the mindset side. I'm going to rewire my philosophy and then I've got to apply strategy to that, but they have to work together. And what I find a lot of times the coaches like, well you just got, why didn't you do it? Well I'll be your accountability guy. Like come on, give me a fricking break. Cause I think to me it's like I got the emergency brake on and I'm driving the car and we just got up, push through it just drive harder. It's like take the dam break off, let's find out where the resistances are and move to fricking resistance.

Speaker 1: [29:12](#)

Then it just comes in naturally. That's a sense of water. While I like to work, I'm like, Hey, let's find a way not to have to breakthrough something. Let's create a higher level of power by not allowing it to happen to become the person to generate the outcomes and become the person where like, you know, hey, I mean some people are like, well, how can you drink so much water? I mean, I drink five liters of water a day. I've wired myself to be the person to drink the water. How do you eat so clean? Most of the time wired, you know, wired myself, do that. It was intentional. Those are strategies. But I, my belief though is that I, I'm an athletic person. I still study karate 30 30 something years now. Like I want my body like going into my fifties I want to have the investor statement.

Speaker 1: [29:56](#)

My, my goal is to be the best shape of my life. Yeah. Right? But those are that these are philosophies, right? I can apply the strategies, but I better own the philosophy first. Otherwise they're not gonna. It's not gonna work. And I find that not all folks, but a lot of folks, they don't, they don't create from an a behavior change because they don't become the person. The generate the outcome. Yeah. Well that's not who I am. That's bullshit. You decided your that but personal a long time ago and that's your fricking problem. You're blocked in that paradigm. I used to be a person who didn't smile, face me, a person who wouldn't talk to strangers cause I didn't love and believe in myself. So of course I didn't have that. So totally different than I was 20 years, 30 years ago. People wouldn't even realize I might look the same, but I'm not the same person.

Speaker 1: [30:38](#)

That helps. Yeah, it's great. It's, I'm just looking at the clock and then thinking of the seven questions I want to ask the follow up on that. How about some questions that men should be asking themselves. Fathers be asking themselves. Yeah. Okay. I think that's great. So I think of a couple of things to think about. One is what's your belief or frame about what it means to be a dad? What's your belief or frame? In regards to what it means to be a husband. A good exercise would might be to sit down and figure out what are your top three or four values? What's your

spouse's top three or four values? What's your vision for yourself personally? What's your wife's like? I love that you guys went to a retreat. What's your wife's vision for herself? What are her values? Where are we aligned?

Speaker 1: [31:23](#) Where are we misaligned? I have a personal vision statement, family vision statement, business vision statement, and there are, there's alignment there, right? And so I navigate and make choices consciously based upon is this aligned with the vision we want or not? Does it make sense to do this? If the answer is no, then don't freaking do it. It shouldn't be a guidepost of like, you know. So I think sometimes we end up chasing things or doing things out of fear or response. But as a parent, I think the other thing I just ask is like how conscious, like if you say you value your time with your family, which a lot of guys will say, then what I'll typically do is I'll have them do an audit. So what I want to do is I'm wanting to go back in your calendar, look at the last 90 days.

Speaker 1: [32:04](#) I want to know exactly how much time you spent with your family. I want to know how much you know also where you're investing your money because like your time and your money are the things that we, we have to invest. We should be investing in correlation to what we say we value. A lot of people don't. Why not? I don't know. But I do know they've created a situation where where they don't do that. And then are you present? I think the last question I asked, how often are you present? When I'm working with boats, I get them out of like business owners. We're always thinking about ahead the vision, where we're going, the strategy, excitement of what's happening, our minds in the future. And then sometimes we're thinking about the past, what happened, what occurred? What did we learn from? What can we do?

Speaker 1: [32:41](#) And the passion not be a storehouse for pain by the way. Basically place where we learn things, remember it. But the point is like future and past don't exist, but we spend so much fricking time there and when we're looking to engage with a child, we're looking to engage with our spouse. Take your fricking phone and yeah, [inaudible] out of there doesn't belong. I suggest, hey, [inaudible] family dinners together and our charter, it's five nights a week, minimum family dinner. No electronics. Sitting there and interacting and having conversations. Yeah, right. Not texting each other because our connection with one another is very important. The law of self esteem. No. All of these things that we're programming, I don't know a way to replace time with a child that's consciously

presence, right? That you're in the moment. You're here now, be here now. Maybe a mantra for our dad.

Speaker 1: [33:36](#) Be here now. You could be here now more often with your wife. Be here on now more often with your child. How much more connected could you be? Yeah. What do you think? Um, I know we're coming up on the clock here, so this is a big question that maybe requires a shorter answer, but when you think about the thing that is the most challenging part of being here now, you talked about phones because I could imagine a guy saying, yeah, that sounds great Chris. But like that's way harder. That's way harder to execute. Like I can see myself saying, Yep, I got it. Be here now, be present and then just, yeah, totally wrapped up. Right? Yeah. So the quick answer to that is I get my private clients, all my clients I'm working directly with, I don't make them do this, but I'm a huge advocate.

Speaker 1: [34:23](#) I'm getting them to meditate because of it's like a mind gym. If I go to the gym, you're not going to argue with me on doing endurance and uh, you know, doing cardio and strength training, right? Flexibility, liability, you're getting your like you get it right. Like those are important things. What the hell do you do for your mind taught you how to run your mind? Minds are like constant, ongoing, chatterboxes creating fear and doubt and worry and craziness. I just guys, we spend way too much time in them. Yeah. Got To get out of her head and get her. Do you want to connect further? Get Out of your head. Get Out of your head. How do I do that? You know? If nothing, I'll take you. So people are still, okay. What do I do about that? Go get an app. That's what you do about that. Headspace is a great one. Calm is also pretty good. Just get ahead. Just start. Start somewhere. Yeah. Yeah, and if anybody wants to join me, September 10th or 11th I'm doing a 10 day silent meditation retreat. There you go. The Pasta dinner. Oh yeah. Yup. Very familiar. Our dads have gone through it, our members in a rave about it, and I said to somebody, I said, oh, that sounds like so much fun. They go, that's not the word I would use to describe it.

Speaker 1: [35:32](#) Yeah. Very cool. I'm asking you then, hey, a couple things. One, if guys want to connect beyond this point, I work in and they find you, they can go ahead. And, uh, my website is [inaudible], [www.chrisyonker.com](http://www.chrisyonker.com) my name is c, h, r, i. S. Y. O n. K. E. R. Or you can, if you wanted to email me, Chris and Chris yonker.com there's another way to get ahold of me directly. And uh, yeah, thank you. Earlier too. You've got a book on Amazon. What I do, yeah, it's called a sole intention. It's on Amazon. So yeah. And I wrote the book, it says on the cover, no fluff, uh, to be right in

under 60 minutes or 90 minutes is what it says. But some folks, uh, they know. So now I wrote it cause like, you know, when I was writing a book, I'm like, Hey, you know, the biggest challenge I have with books, there's like getting through the damn things.

Speaker 1: [36:22](#) So I've tried to boil it down and make it as succinct as possible. Well, one of my favorite books for Dads is the family board meeting by Jim Shields. That is like the tiniest of tiny books. There we go. The gist of biggest impacts. So tiny books man, they can be a, it could be the best guy of sat right on cue for writing. Well, quick read and Chris, is there anything that needs to be said that's been left unsaid so far? Great question. I would just suggest that the to the dads out there to, it's a lot of more and think less. Hmm, that's great. It's a great way to wrap up. Love more. Think less. Thank you buddy. Appreciate this. Wonderful to spend some time with you. Look forward to following your work and your impact in the world and thanks for opening up and sharing your personal and professional life with us and know that we can be a better men as a result of this conversation. So thank you man.

Speaker 3: [37:14](#) Thanks John. Hey guys, if you haven't already done so, go right now to front row dads.com/facebook and join the conversation that's happening right now on line. We designed this group for guys who are entrepreneurial in their thinking that are high performing guys with low egos. We're looking for the dads that believe in teaching their kids how to think, solve problems and be real leaders. We're looking for guys who believe in being family, men with businesses, not businessmen with families. We're looking for the fathers who have great knowledge but also believe that they have so much more to learn and we're looking for men who want to add value by sharing their wisdom and those that are willing to ask the questions that we all need and want answers to. That's front row dads.com/facebook or simply go to Facebook, type in front row dads and you'll get to our group and what we put in there links to all the podcasts and videos and other resources that you can't get access to anywhere else except for in this group. We want to give you the best ideas to help you with your marriage, balancing work and family life communication strategies with your spouse and also your children, travel ideas and even suggestions on the latest gear. That would save you time and help you be more effective. We've got updates on upcoming events and so much more. Go right now to front row dads.com/facebook and join the conversation. I'll look forward to connecting with you there.

Speaker 4: [38:43](#) [inaudible].

