

Jon Vroman: [00:00](#) When you know your child, when you're spending lots of time with your child, you know what level of transparency to have. If you don't know what level of transparency to have with a child, it's because you don't really know your child and you're not spending enough time.

Jon Vroman: [00:16](#) What's up fellows? Welcome to the front row dads podcast. I'm your host John Broman. This is the show for family men with businesses, not businessmen with families. And this show today is going to be a little break from our norm where I'm typically asking the questions to the pros that I'm bringing on the show. But uh, this was actually recorded at a live event called GoBundance and one of my best friends in the world, Jon Bergoff, who's also a front row dad, was asking me questions in front of this community. Now let me bring some context to the situation as well. So what is GoBundance? GoBundance is a tribe of healthy, wealthy, generous men who choose to lead Epic lives. They believe in grabbing life big. Now what's cool is many of the members in GoBundance are members of front row dads and vice versa. And two of the founders of GoBundance are members of front row dads.

Jon Vroman: [01:05](#) We have an amazing partnership and relationship. We share resources and ideas and we're all trying to strengthen the entire system by focusing in on specific niches. Now I was at this event with the GoBundance group here in Austin. Jon Bergoff was the facilitator and he was asking me some questions and then we turned the mic to the crowd and took live questions. So we're about to get into that in just a second. I hope you guys enjoy the show. You'll find all these links and show notes in anything we talk about over@frontrowdads.com including the affirmation that I share that saved my marriage. I also want to tell you that this show today, uh, for one of the first times ever is being sponsored. It's being brought to you by my books.pro. Now this is a service in full disclosure that is a business of one of our front row dads, mr Adam stock and Adam is sponsoring the show today.

Jon Vroman: [01:56](#) He believes so much in what we're doing. He is a lifetime member of front row dads and he's created this incredible business. And how does this tie in to being a family man with a business and not a business man with a family? Well, if you're spending all your time categorizing and reconciling your books, then you might not be spending time with your kids and with your wife. So his service allows you to basically outsource, uh, things that you probably shouldn't be doing as a high performing entrepreneur. So their business categorizes and reconciles client's accounts using QuickBooks online, which

gives you 24, seven access, uh, to your business numbers. And you know, again, you got to stay in your zone of genius, right? If it, if you love numbers and that's where you're bringing the biggest impact of your business, great. But that's probably not the case for 99.9% of you.

Jon Vroman: [02:47](#) And the, the mission here is that for a very reasonable investment, you will save 10 X on your dollars by staying organized and reducing your tax bill as a result. It. So they just want to help you learn about where your money is being spent. The reason I'm passionate to bring this service to you, why it's a great fit with what we're up to is again, I'm all about creating the systems that streamline your business so that you can spend more time at home with your family. All right guys, that's it for now. Let's get right into the interview. I hope you enjoy this new addition to our podcast, which I don't normally have the, the microphone turned on me, but, uh, here we go. Let me know what you think and enjoy this conversation with one of my best friends in the world, John Bergoff.

Speaker 3: [03:38](#) [inaudible]

Jon Vroman: [03:38](#) yeah, you know this tribe pretty well.

Jon Vroman: [03:39](#) You know a lot of guys in here, a lot of the guys, girls sport in the front row, dads hat, you guys, I've seen you at front row dad's retreats. You know this group well and I'd love to know if there's anything that, uh, you'd love to start with to share with these guys about your journey, either as an entrepreneur starting this or just you're passionate about helping dads wherever you want to start would be cool. Yeah, it is great to see so many good friends and to meet the new guys and props to all the elders and to, to Osborne and to me and Mike and Pat and everybody that's just created such an amazing group here. I'm in awe of what GoBundance is up to. The thing I would mention is that I didn't start front row downs cause I thought I was a dad expert or an expert on marriage, but I started it because I really needed help.

Jon Vroman: [04:27](#) It was actually, it was three years ago or so that I had achieved success in my speaking business and I was on the road a good bit. And uh, you know, I felt like I was in perpetual startup mode. There was always a new project. There was always something else. There was a book to be written. There was some other level of the business to be achieved. And I always thought that I would get to the kids, you know? And then I was probably better than most. I kind of used that as my gauge. But what happened was I was at a, some of you know the story of

his, I was at a party and somebody had asked me what I did and my inclination was to answer that by talking about front row foundation or the speaking. And I stopped and I, I kind of cut myself off and said, you know, I'm a dad and I'm a husband and when I'm not doing that, I happen to do these other things.

Jon Vroman:

[05:18](#)

And in my heart that felt perfect. That felt exactly as it should be. But I knew that my reality wasn't that I, when I looked at my calendar, I had invested \$50,000 that year and learning how to be a better speaker or a better author or how to run the charity more effectively. But I had always talked about reading a lot of parenting books or becoming the most educated father or husband. But reality, I, I didn't step up in that way. And so I, I did what I knew how to do, which is if I wanted answers, I wanted to surround myself with brilliant people. I wanted to create this community. Ryan spoke about that brilliantly, about that connectedness, right? And I wanted to find people, bring them together. We had our first retreat in October of 2016. 30 people were there, John ed when you were there, David was there.

Jon Vroman:

[06:08](#)

Mike McCarthy was there. Sure. Others in the room. But, uh, it was an awesome time. We walked away from that event saying, why aren't we doing more of this? And that was, I didn't, I didn't host that first front row dads event thinking that that was going to be my new thing. But there was so much energy around it. A lot of guys that I knew were very, very successful and had achieved a lot in their businesses. You know, and we had this, you know, once you've found this, once you had go abundance as an example, once you had a tribe, a, a group of, uh, a mastermind for your business, that's a very powerful thing. But I was missing that from my family and I felt like you needed one for each. I needed one for my business. I need one for my family. And the only rule in front row dads now is no business talk.

Jon Vroman:

[06:50](#)

So it's, you know, cause we do a lot of that. I do a lot of that. And uh, it's been a really cool journey. So I'm just learning with the guys. We have a 120 members now. We'll probably add another hundred this November and it's been a really cool journey. That's awesome man. Congrats. Congrats. I know there's a [inaudible] this book that's just came out, there's these, uh, these lessons in the book, the, they call them the effects and you guys have a card in front of you if you want to open it up. And this particular lesson is called the multiplier effect. The right group of people compounds your efforts, right? It's exactly what you're talking about. And uh, I'd love to hear since you started surrounding yourself with guys having

conversations about being a great dad, would have been maybe a couple of the biggest lessons that you've learned because you know, the teacher that convener ends up being the biggest winner in that situation.

- Jon Vroman: [07:43](#) So you've been immersed and there's how many of your dad's in here? I just asked about daughters earlier. It's, I mean, it's the large majority, so there's probably a bit we could learn from what you've learned as building this community. Any that jump out as big lessons. And by the way, if you guys, uh, if you're not familiar, John's got a podcast where you can unpack hours of these lessons, but would've been a few that stick out for you. Yeah. And I'm actually gonna turn it to you guys because I have a lot that I've learned over the last three years from the incredible men that we've had on the show and that are in our community. I mean our, our front row dads community has some of the, of the most high-performing entrepreneurs that I know that are heroes of mine, you know, are in the group.
- Jon Vroman: [08:24](#) Mike's in the group I was born. Uh, you know, some of these guys are just incredible human beings. So I've been learning a good bit. There's, we have five pillars in front row dads, just like you have pillars here. So we talk about thriving marriage, intentional parenting, right? Emotional mastery health, right. And, uh, and so when, when I'm interviewing, I'm always trying to focus on our pillars. I would love to know from you guys like, Hey, is there a topic that you would be more interested in? Marriage, parenting, right? Uh, building a community, intentional, uh, you know, an education question. Is there anything that for you all has more energy around it or specific questions? Cause I'd love to speak to what you're more interested in versus just lessons that I've taken away. Anything come to mind? What's that marriage, anything specific on that topic, by the way?
- Speaker 4: [09:15](#) Nothing, nothing specific just is I've found and specifically because of, uh, going to front row dads is how, and I know that Jay Papasan mentioned it yesterday as well as that my wife is kind of like the access in which my world, you know, circles around and when that is in alignment, everything else kind of falls in order. So that's kind of my one thing. And so I'm always looking for ways to enhance my marriage and that relationship with my wife because it makes everything else easier or irrelevant.
- Jon Vroman: [09:49](#) Hmm. Very cool. Remind me, were you at the event where Jay was with us? Okay. So is that that event that actually in the priorities that we were sifting through, it was determined that

for the majority of our group, that although that is called front row dads, the number one area that needs to be worked on is the marriage in order to be a great dad. And, uh, I think that became obvious that marriage was the primary vehicle. And I've asked that question a bunch of different times, a bunch of different ways to people about, Hey, BU's a priority, right? Your kids or your spouse. And I think the vast majority agree that spouse is most important because when that's right, then your kids are right. And I think that, uh, you know, when I think about the specific lessons, I'll give you a personal story.

Jon Vroman: [10:34](#)

I'll just, I'll open up a little bit and share with you that, uh, you know, about a year and a half, two years ago, Tatyana and I, my wife of 10 years, we were in a really tough spot and I didn't know if we were going to make it through. It was a really, it was a big rough patch in our marriage. And I remember going on a deep dive for information about marriage. I just went all in. I read every book I could get my hands on. I talked to people, I interviewed folks and there was a few key lessons that I walked away with from that experience. Number one is that I don't need my wife's permission or anybody's permission to treat them amazingly well. That. One of the things that I had learned through that experience was that I was blaming my wife for a lot of things.

Jon Vroman: [11:20](#)

Even though I am the type of person who understands the victim mentality and I don't like to play that card in business or anywhere in life, I was blaming some stuff on my wife, right? I was, I was saying if she was only different, if she would only respond differently if she would only show up in this way, things would be so much better. Why is she not more like that person's wife who does it this way? Right. Or if she would talk to our kids more with this language, she wouldn't have that problem. I did a lot of finger pointing and a, at the end of the day, I realized that all the growth in our marriage needed to come from me and that when we had quantum leaps in our marriage, it wasn't because I fixed something in her. It was because I, I realized something about my own power that could be changed.

Jon Vroman: [12:07](#)

So I wrote a big affirmation that I would read two and three times a day that were all reminders about what marriage was really about. In fact, I believe this comes down to you knowing who you are and what you want. You know, Ryan also talked about that what the feminine energy really wants is somebody who's fully present and somebody that can create safety in oftentimes in a marriage that comes from your level of certainty, not from a place of dominance, but from a place of

just true masculine power. And so when I started thinking about where I was falling short, you know, one of them was a, I said, if I got divorced, what would I do? I just played this out in my head and I thought if I got divorced, I would probably go to hit the gym a little more, right?

Jon Vroman:

[12:56](#)

I'd probably get some new clothes. I probably upped my game a little bit, and if I started dating, I'd probably take somebody out on these amazing dates, right? I would do these incredible things. And then I just had this realization, I'm like, why am I not doing that now for the person I care about the most? Why am I not hitting the gym? Why am I not getting some new clothes? Why am I not right? Trying to find that edge that I would find if I was trying to date somebody again and that was a big one for me. So here's what I wrote. I know who I am. I know what I want, and I know what I'm willing to give. I see, hear, and feel within me, around me. With total clarity. I take confident action in pursuit of love and peace. I'm always in control of my next move.

Jon Vroman:

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Today I choose to completely accept and love Tatyana exactly as she is and every moment I don't need her permission or participation to treat her with love and respect. At any moment, I can choose to feel Tatyana while remaining free of her. I can be happy with or without her and I choose to be happy with her. Today I choose to focus on my own journey of growth. Not trying to control hers. She cannot make me mad. She can simply offer a magnifying glass into some part of my heart that needs to be healed or helped in my day to day life. I get the chance to show our kids how to treat others, especially when somebody or something is challenging you and that was one of the biggest things I realized is that especially in a marriage, if something is challenging you, you have this opportunity to demonstrate in front of your kids how to deal with adversity or challenges or when you don't agree more so than giving them a perfect model of like, Hey, your mom and I agree on everything and everything's just perfect.

Jon Vroman:

[14:28](#)

Then what I recognized was that it's actually the rub and the the friction that causes all the energy around being able to actually teach my kids what really matters about relationships, which is how to, if there was one word, Jake, this whole thing came down to forgiveness. The one thing I've learned in all the conversations with all the interviews and all the guys, it's about letting go and a lot of that when you're in control of so many things in your life on a day to day basis, and when you get home and you're not in control, that these are not your employees, right? And you're not the boss, it's a very different energy there.

So this opportunity to let go and relinquish control and just lead powerfully in the ways that you can and let go of the rest and forgive and a and move on how to recover quickly.

- Jon Vroman: [15:17](#) These were the keys to a big marriage and they're also the keys to dealing with our kids as well. We just start with our wives or our partners. That's beautiful. Is that awesome? That's super cool. That's awesome. John and I could send that whole, this whole affirmation is so odd. Send it to you or I post it or whatever. But I think we all need one of those. And if you don't have one, you need one. You need to be reminded of who you are in your relationship. Right. It's awesome. I love the idea of turning to you guys questions about whether it's marriage or being a parent. Johnny's been, you can tell he's so immersed in this that anything in this realm, he's going to have a lot to offer.
- Speaker 5: [15:57](#) His son is very transparent with them, talks to, I think when you say 15 years old, talks about whatever's going on in his life and I regularly run into these dads where it's like their kid share everything with them. I was not like that with my dad, but I want my son to be like that with me. What? What's the key to that level of transparency?
- Jon Vroman: [16:17](#) Oh, that's good. So I can offer what I've seen work with the guys and what my personal opinion is on this. I believe that it's, first of all, the level of transparency should be when you know your child, when you're spending lots of time with your child, you know what level of transparency to have. If you don't know what level of transparency to have with a child, it's because you don't really know your child and you're not spending enough time. Does that make sense? It's like when people, they asked me, how do you know a younger folks would ask me, right? How do you know when it's the right time to get married? Right? How do I know if she's the one? And I go when you don't have to ask me that question. Right? Because when you know, nobody can talk you out of it.
- Jon Vroman: [17:03](#) And so with that level of transparency, it's oftentimes about just feeling in the moment what's right for this child, with this conversation. Like when to have the sex talk or when to, it's like when the time is right, right. When it feels right to bring it up to them when they bring it up to you. So I was in South Dakota giving a speech a couple months ago and tiger and I went on a big hike and it was probably like a four or five hour hike. And on the way down tiger, who's 10 now, he started asking me questions about sex and this turned out to be like a 45 minute conversation. And because of the dialogue I've had with the other guys, because of the people that I've been interviewing, I

felt prepared for this. I felt like I was for this moment and what my philosophy was, speak totally candidly to him, talk to him, you know, answer whatever question he has.

Jon Vroman: [17:58](#) Right. And just be open about it because the birds and the bees talk as an example, is not one conversation. It's a series of conversations and it's a, it's conversations that happen all along the way, at an appropriate moment for that kid. Right. And now I think my parents miss some of those moments with me, but honestly that's because they weren't fully engaged or present with me. Right. My dad was a military captain. He got up at 6:00 AM he was at the office by seven. He went to the gym after work. He came home, he sat down, he had dinner, he read the paper, he went to bed, rinse and repeat. Right. That was my, and he'll tell you he was not there to have those conversations, but I, you know, so, so I'm, I'm fully plugged into tiger, you know, we're having this conversation and ultimately it is everything.

Jon Vroman: [18:41](#) I mean, I can tell you this was the, this to me, it was like one of my favorite moments as a dad because he's asking me everything he's like, so like what, you know, how, how does your like, I mean all the ones you might imagine, but then even ones that are like that or even better than that, that like how are babies made? But it's like, so, all right, so the guy gets his penis gets hard and then he goes in and then, so then he just puts it inside the vagina and I'm like, yeah, that's how it works. And he goes, and he goes, he goes, do you and mom do this?

Jon Vroman: [19:17](#) Right? This is it. And I'm like, I'm like, yeah, we do. And he goes, does it feel good? I go, yeah, it feels, feels really good. Like these are other, we're having a super open conversation about every part of it. So he's like, then he's like, well, how does the baby get made? Right? Like, so what happens that? And I'm like, well, there's this semen comes out and it goes, and he goes, what's semen like? And I'm like, I'm literally answering all the questions. Right? So it was like, to me, the question about how transparent should we be, is to me a level of the relationship you have with your child and you making an accurate assessment in that moment. What is appropriate for them. And I think that if we trust our heart, and I think that if we are honest with our kids that we're, we're going to be okay.

Jon Vroman: [20:13](#) And then if, if I'm gonna fall on one side or the other, it's going to be to be a little more open than closed. So if I'm going to err, I'm going to err on the side of being more transparent about things in general. Like, and you know, I'm not talking to tiger right now about like lowasca or something like that. But the

reality is that it's because I, it's not appropriate at this moment, I believe in his life. So I'm not trying to just get them all out of the way while he's young. I'm trying to think about what, what's appropriate in the moment. Does that help? What's up guys? Hey, want

Jon Vroman: [20:48](#) to take a quick second to tell you about our next open enrollment for you to join the brotherhood. This happens twice a year and our next open enrollment is November 1st through the 15th I think it might be asking what is the brotherhood that's currently a group of about 120 high-performing, hard-charging, entrepreneurial men who've decided that they not only want to keep growing their business, but that it's more important to grow their life at home as husband and as a father. Our group of men gets together and they have valuable discussions around five key areas of family life, thriving relationships, which is really your marriage, intentional parenting, which is consider that education integrated living, which many would call a work life balance, emotional mastery, your self awareness and the awareness of your family, a consciousness, and then of course vibrant health for all. A couple of times every month our members hop on a video chat.

Jon Vroman: [21:34](#) We have active conversations on the most important subjects relating to family life. Guys share their best ideas. They ask their most pressing questions. We cover all the ideas that help guys that are new families and guys that have teenagers that may be finishing high school. The conversations are real and raw. We challenge each other to grow. We have challenges throughout the year for our community. In fact, as I record this, we're just in the middle of one where we're doing something amazing for our wives every day for the month of September and we've created a space to have conversations that aren't happening anywhere else in our lives. You know, many of us have business masterminds that were a part of, but only a few have family masterminds that they're a part of. We even have a membership area where we host all the replays from our calls, which is accessible from an app so you can listen on the go while you're working out on a walk in the car, whatever you're doing.

Jon Vroman: [22:23](#) We have small groups within the brotherhood called bands, usually ish guys per band, and we also have two retreats per year that are around 40 or 50 guys. You can see a few of the videos on our retreats and what a band is about. You could read about all that@frontrowdads.com the brotherhood is designed for men who want to be family, men with businesses, not businessmen who happen to have families. It's designed for

men with wisdom who are also wise enough to know that there is more to learn. [inaudible] you know, one of the things we say in our brotherhood is it's not always about new, it's about true. It's about reminding yourself and others about the core principles that make it all work. This is for men who value the benefits of working on their business versus in their business and they understand that the same rules apply to our family.

Jon Vroman: [23:11](#)

Like I said, the next open enrollment is November 1st through the 15th. We'll be posting about this in our open Facebook group, which you can get to by going to front row dads.com/facebook connect you right to the group. And also we'll send out notifications through our weekly insights email. If you're not getting that, you can sign up for that front row dads.com guys, I just want to say this group isn't for everyone. We know that this is for high-performing hard charging entrepreneurial men who want to invest in their families like they would anything that's important in their lives. This is a unique community. There's nothing like it anywhere in the world. And uh, if it feels like it's the right brotherhood for you

Jon Vroman: [23:44](#)

and join us November and I'll look forward to talking with you on a future call or meeting you at a future retreat. Can I share a response to this Johnny? Something that it was inspired probably by you telling me about that story. Um, it was definitely inspired by

Jon Vroman: [24:00](#)

guys that are in your community. So Cory, I can relate to this. I have a nine year old who I could ask him any question and I pretty 99% certain he will not answer. What are you grateful for? No idea. How many of you have a kid you can relate to this, right? My daughter, I can ask her, what are you grateful for? And she won't stop. This is very interesting. And I'm a, I'm my relationship with my parents and my dad was the same. We didn't talk about anything. And I actually had this happen about a week ago inspired by hearing you talk about what you did with tiger. And I have my son a C's nine in the car. He's the one, I can't get them talking about anything. We had 20 minutes in the car and I thought, I'm going to try something. And so I said, ACE, we're gonna play a game.

Jon Vroman: [24:42](#)

Let's make up a name. And I said, I'm going to call this the safe space game. I said, for this drive, I want you to feel, I want you to, if you want, be willing to ask me any question you want. No. So this is a different perspective. I said, I will give you the full open, honest answer to any question you want to ask me right now. And I was prepared to do that. And uh, now think of what I just told you. Do you think he was ready with a question? No.

He's like, I can't think of anything. So I had to, I had to push, I had to say, well, look, if there's something you wish you [inaudible] that you've maybe you're afraid to ask. So I w I went all these different angles and finally he goes, have you ever been drunk?

Jon Vroman:

[25:23](#)

I said, yeah, I've been drunk. And I told them about what it's like. And I, I, I'm, I'm proud of the fact that it's, I'm not drunk that often these days or just snap. I don't drink a lot. Um, but, uh, I give them an answer and I talked all about it. And then I got to the next question. He said, have you ever been in trouble with the police? And here's what's crazy guys, is he pulled his story out of me that I realized like nobody in my life knows. And I shared with them. I did. I'll tell you guys, it's really not a big deal. The only reason nobody knows cause no one's asked me the question. And he asked me. I said, yeah, when I was 16, two months after I got my driver's license, I drank a beer at a party. I got pulled over in the state of California.

Jon Vroman:

[26:04](#)

There's a no tolerance law, lost my license for a year. And he goes, Oh, that sucks. And, and uh, in that moment, I, my relationship with him transformed and I, yeah, I said, here's the lessons learned, but we played this game where it was like, you can ask anything. I'll tell you anything. And those were the things he wanted to know. And uh, it was amazing what happened. It was just, I realized I needed to model and create a space for vulnerability. And I also realized that just because I had the words and the invitation, it was still going to be a lot of work to get him to open up. So try that out guys. You know on this topic, and this is, I'm going to get a little bit more serious here for a moment, right? This, so I just haven't gotten on my podcast who, his name is Jason.

Jon Vroman:

[26:49](#)

Very successful entrepreneur, built an incredibly successful companies, lost his 14 year old son to suicide. Now he's four kids. This was his youngest and he lives in a great neighborhood and everything is great, right? And he would've said, my son's life was great and I just thought he was a teenager who spent a lot of time in his room, but his son of 14 a week after his birthday, uh, hung himself in the attic. And one of the things that Jason is doing now is he's got a film coming out to help end suicide. So suicides on the rise, right? This is a real challenge that parents need to be thinking about with their children. And one of the things that he is discovered and when I, cause I was, I'm asking him about, Hey, what? Well, here's what he said. There was a group of kids who have attempted suicide but didn't succeed who then were interviewed and they said to

those kids, what do you wish your parents would have done differently?

Jon Vroman: [27:46](#)

Right? To support you. And their answer was that they wished their parents would have pushed harder. So in other words, like how are you, uh, okay, you're just a teenager doesn't want to talk but that they, what they wish for was, you know, something's not right, right. Dig in. And that's a difficult thing because on one hand you want to give space. On the other hand, you want to be right there and be present. I remember struggling this in my marriage, you know, so I'm a, I'm a Tony Robbins trained guy, right? So my late twenties I found Tony and I just love all of his work. And one of the things that Tony talks about is in a marriage, if you, if your, if your wife is upset, he talks about like grabbing her, giving her a hug and not letting go. Even if she's like, let go me.

Jon Vroman: [28:32](#)

He's like, I'm not going anywhere and that sounds a little like wait a minute, I thought no means no. Stop means stop. Right, right, right. Like, and there's a careful balance here. There certainly is. But with kids it's the same way where I know that when my wife is like leave me alone. There are times when what she's really saying is I'm testing you to see if I say leave me alone. Are you going to be a pussy and runaway? Are you going to stand there like a man in the heat handle my shit and show me that you're not a baby, you're gonna run away. That's what sometimes they want right now. Sometimes they need space. Like Tatyana goes away on a big trip, she comes back, she's super lit up because she got space. Sometimes we need that. Of course kids are the same way.

Jon Vroman: [29:15](#)

Sometimes they need distance and friends and mentors and people other than you, but oftentimes they need you to say, no, no, no, something's up and I'm not going to go away because I cared too much. There's an art form to that, but that's it. That's a real element of that transparency in those conversations and like how we need to sometimes like you did Johnny just push a little more so there, who knows what's the right level of pushing and, and backing off. I don't know. You're probably gonna mess it up a lot, but uh, it was John's idea. Yeah. Just, just stay in there. Right. Stay in there. Don't run away. That's the big point. That's cool. What are, what are some ways that you're being intentional about spending that time with your kids? Heard a little bit about you and how you are spending time with each other, but how are you, how are you being intentional with all of the tones of the world and business and all that?

Jon Vroman: [30:07](#) Pull it out as, what are some things that trigger thanks TJ. It was great to spend time with you at fan abundance. Man that was a Mike McCarthy. Where are you buddy? I know you are here somewhere. Did you run out? Okay. That was a fantastic event by the way, and it was great to have you and your family there influencing everybody. Um, so I'll, I'll give you a great example of this. Early years as an entrepreneur, I always, I was trained as many of you probably were that like, Hey, what are your best hours of the day? What are your most productive hours? Do your hardest work during that time or your most important work during those, those best, your best hours. My hours were the best in the morning, right? So I conditioned myself and I was trained to do my most important work in the morning. Well, when I had kids, uh, I went, you know, I said to my wife, Hey, look, I, since I am, she's a stay at home mom, I'm, I make the money.

Jon Vroman: [30:56](#) These are my most important hours. Let me give these to my work. You take care of the kids. The challenge is, my wife's terrible in the mornings. She is definitely not a morning person. I am, which is why I gave my best hours to my business. But after I had that realization that I'm a, um, and this is our front row dads tagline, right? Is family men with businesses, not businessmen who with families, there's that, right? Think about that. Are you a family man with a business or are you a businessman who happens to have a family? And so I used to be a businessman who happens to have a family on the side. But clearly if my best hours of the day we're going to my business, well, what did that say about things? So what I decided to do, as I said, no more, I'm not going to do any business before 10:00 AM.

Jon Vroman: [31:43](#) And literally from the minute I wake up until 10:00 AM my best hours, go to my family. Now when my son is 10 now and for every year of his life leading up until last year, even a Tatyana was responsible in the morning and mornings were horrific. They were late to school all the time. Like it was a, it was a shit show. And finally I said, Hey, I'm going to show up. I'm going to cook breakfast, I'm going to take care of the kids, I'm going to wake up, get things rolling, and I'm going to start taking my kids to school. So I started driving my son tiger to school every single day. And that was one of the best decisions that I ever made was, and I learned this from Jay Papasan talking about one of the, and I don't know if he still preaches this, but putting the family vacation, but on the calendar first and then building everything else around that.

Jon Vroman: [32:30](#) And we know what it's like to be scrappy when you have limited resources. I mean, sometimes the big problem is you have too much capital, right? You just start throwing money at problems. Like how can we get creative and solve this? Right? So, so for me it's like how do I get creative and solve this without just buying my way out of this solution as an example. So for this one, it was about making the sacrifice from my business to show up for my family and live what I was ultimately realizing was my true purpose in life. Because every guy you ever talked to that's traveled down the road that has kids that they, you know, they're, they're older men and you asked them about raising kids. Every single one that I've ever talked to within their list of like regrets or advice for those following up is always, Hey, spend a lot of time with your kids.

Jon Vroman: [33:15](#) It goes by fast. My friend Jim shields his companies 18 summers, right? And he talks about, Hey, you got 18 summers, right? But Jim often says, he goes, he, and I think he's quoting somebody because sometimes business just has to suffer. Hm. Like the answer at the end of the day is you go, sometimes business just has to suffer. It's a Jim shields quote. I think he might've been quoting somebody else, but, but that idea was big Josh pans ingestion. And at the end of it all, my business never suffered at the end. It all, it all grew right. It all grew. Everything's growing. Front row dads is doing amazingly well. The charity is doing amazingly well. I just got my highest speaking fee ever and nothing changed except for the fact that now, um, Oh, I was talking about older men and that their biggest regret was that they didn't spend enough time.

Jon Vroman: [34:03](#) But I've never heard a man who had raised kids and he's nearing the end of his life. Ever say, ever, ever, ever say, I wish I would've worked more. I think I left a million on the table. I never heard it. I'm not saying it doesn't exist, but if we listened to that simple warning, our egos and our desire to serve and like, by the way, I need to get on a soapbox for a quick second. I think that some of us, me included, let me just point to myself. Let me just say this is what I do. I hide behind the idea of like I'm going to show my kids how to be passionate on a show. My kids how to work hard and well, that's great, right? I want to show my kids what passion looks like. I want to show my kids what a hard work ethic looks like.

Jon Vroman: [34:44](#) I hide behind that because that's a nice thing to say. But the reality is I'm a rock star at work. I'm a rock star on stage. I'm a rock star in the charity. I'm a rock star. Whenever I'm at work, it's like I love it. The hardest work I do is at home. True. And so when I'm like, I'm going to show my kids how to be passionate,

oftentimes I'm hiding behind that excuse to go play and aware in a world where I'm Kay and I hide behind that and I have to catch myself on that. And they still have to say, look, do the hard, hard, hard work, which is be at home with your family. And the, I want to build an Epic, I mean my, my big vision, like for front row dads, 100,000 members operating in a hundred countries, I want front row dads to be like the EO of the dad space.

Jon Vroman:

[35:30](#)

I want it to be high-performing entrepreneurial minded men who have a network of people so they're not isolated and alone. And that they can come together and have the most important conversations because, and this is a little bit more so boxy, but I believe, and I this, I genuinely believe if we don't get our shit together as a human race, like as a planet, this whole thing is going to collapse. I give it 50 to 150 years. I think if we don't make some major changes, this is going to all fall apart. I believe that. So what I also believe though is I believe we can turn it around. I believe we can shift things with the environment. I believe we can shift things with our culture, but I believe that's going to start with dads at home. I believe that the, yeah, your business can make a difference in the world and yet charities might make an impact in the world.

Jon Vroman:

[36:14](#)

But the real legacy, the real impact that we make is through our kids and not only our kids, but other people's kids. Because one of your biggest impacts is not just with your own, but when you take on a father figure role, you realize that when I'm around his kids, I can have a massive impact on his kids' lives. I talk about my best friend John Kane, who will literally pickup tiger and ocean, my two boys, tiger and ocean, and I'll pick them up and he'll put his hand on their chest and they'd be like, tiger, you know, I see a light in you. There is a brightness to your soul man. And I've watched it your whole life and I'm so privileged to witness your evolution. I see strength in USC, courage in USC, brilliance in you. I see the way you talk to my kids. I see the way you look after Natalie, my daughter a see those things. And it's like those moments when somebody else plays a father figure role. When you do step into true masculinity and you own that space, you're a dad to many, many people, right? Not just your own. And I think that's a cool place to be. I think. Yeah, our businesses are gonna make a difference in the world, but I think the real difference that we're going to make is at home with our kids guys, John Broman,

Jon Vroman:

[37:26](#)

Johnny fucking awesome. Hey guys, if you haven't already done so, go right now to frontrowdads.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 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. [inaudible].