

Alan Stein: [00:00](#) As parents and his fathers. We need to create this environment where mistakes are okay, where we're praising process, we're praising effort and attitude and not worried about outcomes. And we're letting our kids know that if you just stick to stuff, you'll eventually get it. All right, front row dads.

Jon Vroman: [00:17](#) Welcome to the show. I'm your host John Vr.

New Speaker: [00:19](#) oman. This is the podcast for family men with businesses, not businessmen with families. My guest today, boy, I will tell you, I've never in my life had more people say you need to meet Alan's dad, uh, for quite some time until today. We're chatting for the first time on video. So Alan, welcome to the show man. I'm so glad you're here.

Alan Stein: [00:40](#) Oh I am as well. And I think every single person that pinged you pinged me as well. So it's an a, it's quite an honor to finally connect with you, man. Love, love what you do and love what you're about.

Jon Vroman: [00:48](#) We should give a special shout out to Phoebe Moreau. Check Erica Heizer for two ladies who sing your praises first of all. So it's nice to have such powerful women, you know, speaking so highly about you behind your back. But man, you know, I'm excited. Do you have this chat today? Oh, for many reasons. Not only to get to know you better, which is selfishly a reason that I'm excited about this chat. But also to get into what I think is a really important topic, which you speak about professionally. You wrote this book, uh, raising, raise your game, right? Raise your game. Yup. Which I'm listening to and is fantastic and I think this is so fitting. So many of our guys have asked me about like, Hey, can you give me strategies around coaching my kids not only at home, but I'm involved in their sports, or what should I be looking out for with, you know, other coaches and their involvement with my kids.

Jon Vroman: [01:41](#) What makes a good coach? So I get that a lot and I'm excited to talk about that. So not only did you write this amazing book, you're traveling around speaking about it and all this stems from your world where you are coaching professional athletes and you've got a lot of experience both watching and participating and guiding and the book is filled with great stories like that. So you know the Coby stories, the Duran stories that just, you've got quite a few stories. In fact, I was going to tell you prior to recording today, I was like you gotta you got great stories in the book.

- Alan Stein: [02:12](#) Oh thanks man. I found stories are incredibly sticky and, and not just a, you know, in the corporate space, but even even with kids, anytime, you know, I'm trying to teach a lesson to my kids, if I can connect it to some type of story, I found that that Dilla be a little bit more meaningful and certainly more memorable for them. So no, I appreciate your kind words.
- Jon Vroman: [02:29](#) In fact, this'll be a good transition here. So you've got two twin year old boys and you've got two twin boys, you've got to a that are nine, a seven year old daughter. Let's start with the question of how does storytelling work at home with your kids? Is that a routine or ritual? Do you tell stories at night? How do you bring the stickiness of stories into your family life?
- Alan Stein: [02:53](#) Well, certainly when they were little, it was more of the traditional, you know, let's read a book before bedtime. And I just remember the kids were so enamored with, with the traditional stories. And the funny part is, you know, most of the books that I read to my kids when they were little were the same ones my parents read to me, you know, 40 years ago. So it's kind of neat to see that the power of story also stands the test of time and that those books, you know, you look in the front and it's like, wow, this came out in 1967. This came out in 1972. And people are still buying them and still reading them. And you know, then I remember, uh, and, and always found it funny because the kids would know the story so well that if I tried to take a shortcut, I tried to skip a page cause you know, I was ready for some alone, they would catch me.
- Alan Stein: [03:34](#) And that's, that was just so funny how memorable it was. Then that kind of morphed into all and I was getting a little bit tired of the books. So let me just start making up some stories for you guys. And you know, they would be kind of the superhero in each story and they used to love that and you know, now that they're a little older, they've kind of outgrown that. And now I'm, I'm constantly telling them stories from my travels, from the players I've worked with, you know, from the people that I meet, you know, I'm guaranteed that I'll tell them something from this conversation that you and I are having. And then I try to tie it to some type of lesson and then I'll usually ask them about it. You know, what is, what is their interpretation or what does that mean to them?
- Alan Stein: [04:09](#) You know, one of the things I take a lot of pride in as a parent because I really want to teach my children how to think, not what to think. You know, I have my own philosophies and belief systems and I openly share those with my children, but I let them know that they don't have to follow suit, that they're

more than welcome to come up with their own opinions. And I just want to provide them with a, a fertile environment and a safe environment where they feel comfortable to do that. But yes, I'm, I'm telling my kids stories all of the time. I wonder, I was just thinking about if I, if I put a poll up of how many men have skipped a page and reading a book because they were trying to wrap that story a little bit early. I was amazed.

Alan Stein: [04:50](#)

My youngest son, ocean, who just turned five know we were reading a book a couple months ago. I stopped for some reason, I don't remember if I got interrupted or whatever, but it was almost like a stop mid sentence and he said the next word, like he filled in the blank and we'd only read this book one maybe two times before. And I sat there and amazement. I was like, did he really just fill in that word that was he just that was it. Just logical sense that, you know, it did it, did it make sense? He could have filled it in no matter what. And then I started a little experimentation. I started pausing occasionally seeing what words he remembered and my oldest son, who's 10, he and I okay. Shaw's on the ground, shocked at how much this little boy remembered from this book. Um, it's just such a Testament to the fact that they're always listening and they're picking up oftentimes way more than we're giving them credit for.

Alan Stein: [05:43](#)

Yeah. So total their total sponges and it's no, I've read stats that it'd probably be easier for ocean to learn a foreign language now than it would be for you. Yeah. That's how open and untapped their minds are at that young age. Uh, so yeah, that again shows the power of, of being able to spend quality connected time and to make sure that we know that at least we're behaving is if someone is always watching. Because if you're surrounded by kids for the most part, someone probably is watching. Yeah. Let's, let's talk about why that is, why kids are so open and how that helps. Because I think I remember you saying that, Hey, one of the keys to success is not getting caught up in your failure. It's the way that you recover. Right. And I remember thinking this about a good buddy of mine years ago, I was like, you know, he was really, really successful.

Alan Stein: [06:31](#)

And I was like, what's the difference there? And I think what I came to the conclusion of is that he actually recovers so much more quickly when he makes a mistake. Love that. Can you speak to that? Like, how important is that on and off the court, if you will, when it comes to how people recover from mistakes and maybe how you viewed that with your kids, how do you teach them to bounce back quickly and how do you do that personally? Sure. Well, you know, there's, there's two schools of thought. I mean, one, I do believe when we're younger we just

tend to be naturally more resilient. We have more grit, you know, we, we, we don't tend to get [inaudible] embarrassed is easily, you know, children, you know, they'll walk outside, their hair's a mess. They got food on their shirt, like they don't care where you, and I would probably prefer not to go out in public looking that way.

Alan Stein: [07:14](#)

And, and I, I love the fact that they've just got this unbridled enthusiasm and you know, people that had been around a lot longer than I have, you know, talk about, you know, will a kid, if they don't learn how to walk in the first couple of steps, they don't just give up and quit. You know, they stick with it until they can walk or until they can talk or until they can tie their shoe. And I just find as as adults, as we get older, uh, I guess a lot of it has to do with peer pressure and societal constraints and so forth. But we tend to take failure much more personally. And we, we tend to get embarrassed and we don't try things if we don't think we're going to be good at them. And if we do something and it doesn't work [inaudible] you know, recoil and we feel bad about ourselves.

Alan Stein: [07:52](#)

So a part of what I try to do as a parent is really praise the effort and attitude, which they put forth. So I try not to praise outcomes and you know, as long as they're giving their best and they're trying to get better, I want to keep encouraging that. And you know, we talked a little bit about I think a pretty typical dad in patients of trying to skip the page. I know for me, one of the hardest it was when my daughter was learning to tie her shoe. And I kid you not, sometimes it would take 20 minutes before she could tie her shoe. And of course I wanted to jump in there and just tie it real quick so we could get out the door and I could rush to the next thing. But I knew that she wouldn't learn how to do it on her own.

Alan Stein: [08:29](#)

If I did that and that I would be setting this precedent that, you know, well, if you're not going to do it, you're failing at this, I'll just step in and take care of it. So I, I constantly found myself kind of, you know, having to bite my tongue and step back. And then of course she learned how to tie her shoe is all young people do. And I'm glad that I did that. So part of it I think is, is as parents and as fathers, we need to create this environment where mistakes are okay. Where, where we're, ah,

Speaker 3: [08:55](#)

process, we're praising effort and attitude and not worried about outcomes. And we're letting our kids know that if you just stick to stuff, you'll eventually get it. Uh, but if we're going to go a little bit more formal, uh, what I will say in all of my corporate talks, I get this feedback all of the time. The stickiest thing that I

share and even in a 60 minute keynote is a concept called next play. And I've learned this from several different basketball players and coaches and it's in order to really be invested in the present moment, you can't worry about what just happened. You have to focus on the next most important thing. Uh, it's called win w I. N what's important now? And it's this mentality of next play. So you're a basketball player. Uh, John, you just missed the wide open layup. It's okay.

Speaker 3: [09:39](#) Next play, get back on defense. You know, you turn the ball over, it's okay. Next play. The referee missed the call. Yeah, it happens occasionally and youth sports next and the, the players and coaches that can immediately move to the next play are the ones that are the most successful. And that's, I love that you use the term bounce back. That is kind of an informal statistic that the teams I've been on, we would keep, you know, it's one thing to know that a player just missed this shot, but we want to know what is the very next play that he makes. Does he make up for it on defense? Does he get a, you know, does he get an outstanding rebound or make a steal if he's missed four or five shots in a row, uh, how does he approach that next shot? So the ability to move to the next play is probably one of the biggest lessons that I learned on the court that I've applied to my own life.

Speaker 3: [10:26](#) And I must say that to myself 50 times a day. I say it to my kids all of the time, not just in sports, but in anything. And it's been life changing for us. So no matter what happens, good or bad, always be ready for the next play. I've heard you speak about also when to give constructive criticism, if you will, and when to just praise somebody. And this shows up for me, uh, not only in parenting, but even that, you know, the front row dads have been playing volleyball here in Austin most weekends. We got to get you out there at one time when you're in the town and you know, you could be on my team. I want you, I'm not very good, but I love your attitude. I love your ad. So, you know, and one of the things that I've noticed is that I've noticed energy on the court, even with the dads, were when things, when we make a mistake, right?

Speaker 3: [11:18](#) Or the momentum starts shifting to the other team, that if the, the feeling is like, all right, we gotta turn this around. Like, Oh, it's that sometimes that heaviness, uh, works against us. You know, this like, Hey, we got to come back. Yeah. I've heard you talk about this a little bit and I'd love for you to share your thoughts because I think this not only relates directly to men in their roles, in their work, in their businesses and their families,

but of course, how we view kids. And I think I remember you talking about this with like when kids make baskets,

Alan Stein: [11:53](#)

right? We applaud, but when they don't,

Alan Stein: [11:56](#)

we don't clap. Right? So it's like we're only praising the outcome. And then also when we're making mistakes we kind of jumped in and like, alright we gotta turn this around. Versus when they're, when they're a little, you know, Oh, when their confidence is lacking, what we really need is that, Hey, what's, what's important now let's let that go. Right. The next play philosophy to speak to us a little bit about that because that's some powerful stuff. Well I, I knew we'd have so much fun talking cause you're such an insightful guy and man you just unpacked a lot there, which, which will be fun to dive into. A few thoughts. One, we all have to remember the mantra that that which gets praised gets repeated. So anytime we catch anyone, it doesn't matter if it's a colleague, a spouse, a child, a coworker, anyone doing something well or doing something right and we'd catch them.

Alan Stein: [12:41](#)

Cause we're so used to catching people doing things wrong. We want to praise that. And tell them job well done and we want to do so with as much specificity as possible. You know the generics, great job John. Man, that was a good job today. That doesn't go near as far as John, I just wanted to tell you man that one time, whatever it may be, and then I unpack it and tell you specifically what you did that I thought you did so well and let's just pretend this is a coach to player a relationship that's going to drastically increase the chance that you do that. Again, Hey, we're playing some three on three, some scrimmage situations. John, I just want to let you know that the way you contested that shot in boxed out to make sure that our team got the rebound. That's the reason that we won.

Alan Stein: [13:20](#)

You know, if I say that you're more likely to contest shots and box out in the future. So we want to make sure that we're, we're constantly praising those things and, and one of the things too, don't want to make assumptions, but I know that you are a high performer, you're a high achiever. And I would imagine most of the front row dads are as well. And I find that a lot of times with high performers and high achievers, we forget to give ourselves a little bit of praise because, and this is where I don't want the next play concept to be taken out of context. When you perform well, things go well. You have an amazing connected afternoon at the park with your child or you, you land that big gig at work, whatever it may be. It's okay to take a beat and praise yourself for a job well done.

Alan Stein: [14:00](#) Praise yourself that you put in the preparation or you had the attention to make that happen. Now I'm not saying that you need to, you know, pop bottles of champagne and celebrate every night, but take a few seconds to neurologically connect that win with what you did because as you praise yourself, you'll also unconsciously start to repeat those behaviors. So if you found yourself not tethered to your phone and paying full attention to ocean when you go to the park, you should praise yourself for that because there's not many fathers that do that in 2019 and it's okay to celebrate that just for a few seconds and that will more than likely make sure that it happens again, especially if if no one else is going to praise you for that behavior. It's important that you praise yourself. So, uh, I think that that whole concept of catching people doing things right is incredibly important.

Alan Stein: [14:47](#) And then as we talk about sports, and it's not that much different life, you talked about momentum and trying to swing momentum back on your side and especially to alleviate the heaviness of certain situations. And I found that that's what the best coaches do. You know, when the stakes are high, it's a huge game. It's a winner go home or it's only a few seconds left. They find ways to add some levity to the situation because you never want to put sugar on top of sugar. The kids already know. There's so much riding on this game, there's so much hype, there's so much pressure. So you want to let a little air out of the ball, not put more in it. And you know they, they say that the definition of stress is wanting things to be different than they are in the present moment. And when you think about that [inaudible] every stressful situation, you know, you're sitting in traffic, why are you stressed?

Alan Stein: [15:34](#) Because you wish that there weren't cars in front of you while you're sitting there and traffic and every type of stress comes from the desire for things to be different. So if you can take a deep breath and try to rid yourself of that desire of things to be different and just be okay with what is, just be okay with what's now, just be okay with the present moment. You can add some levity to that. And I think that's really, really important. And one last disclaimer. I know that. Yeah. Everything I'm sharing with you and your audience right now, I deliver in a very, a matter of fact tone, because most of these are very basic principles and fundamentals. I hope you and your listeners know not a single thing I'm saying is easy to do and I don't have any of this mastered, you know, uh, I still get stressed in certain situations, but I'm still at a point now where I have the self awareness where I catch myself.

- Alan Stein: [16:22](#) I take a deep breath, usually laugh to myself just for a second and go, okay, remember you're wanting things to be different than they are. You don't control the environment right now. So just, just be, and so these things are all really, really challenging, but so it was fatherhood. Yeah. So let's talk about where you're winning. You talk about taking a moment and you know, celebrating that victory. Let's do that for you right now. What's going great in your world that we can celebrate with you? What are you really proud of? You know, one of the things I'm proud of, and I know we talked a little bit, uh, off air, is that I'm amicably divorced and I always lead with that because a lot of people, I don't believe that amicable and divorce can ever be in the same sentence. And I'm very thankful that they can.
- Alan Stein: [17:02](#) I've been divorced almost five years now and my ex and I, uh, we're, we're friends and we make good co-parents and we've, we've created a, I guess a nontraditional parenting platform for the way we co-parent our kids. Uh, but I'm incredibly thankful that the work that heard I have done individually and collectively that we've been able to create a good co-parenting environment and relationship. And, you know, we feel like our kids are happy and well adjusted and moving forward. And it certainly wasn't easy in the beginning, but you know, we've put in the work to make sure that that happens. And every day that I see my kids or I see her, I'm very thankful that that's going well because that's kind of the foundation to which everything else is, is built on. You know, when, when things are really going well with my kids and my ex and I feel like life is in a good place there.
- Alan Stein: [17:50](#) It allows me to be so much more on hibita in work and then the speaking starts going better and the bookselling starts going better. Like everything feeds off of that momentum when things are good at home. So that's something I, I do constantly take quick moments to celebrate and I show incredible gratitude to her because we wouldn't be able to make great co-parents if it wasn't for her effort as well. Good for you man. We do have men that are in that situation or, or could be facing that situation. So let's speak to that for just a moment cause I think that's very important, right? It can, uh, if you don't approach that, I don't know if the right word is in a proper way, but in a healthy way. Let's use the word healthy, right? If this is approached in an unhealthy way, this can do a lot of damage the kids, right? So let's talk about if you were writing the book on this, of the power of an amicable divorce. And I may one day just, and it might be coming out in April of 23.

Alan Stein: [18:50](#) This might be the website. What might you write about? What would be, how have you done this? What comes to mind? You know, when we talk about, uh, outcome and process, this is where I found as I get older, life is becoming more simplified. I'm not saying life's becoming easier, but it's becoming more simplified. And I think with anything, you start with the end in mind and you say, okay, what do I want this to look like? And then you work backwards and say, okay, what are, what is the behavior that I need to exhibit or the habits I need to have to greatly increase that chance. And, uh, but let's just say we'll use divorce as an example. Say, okay, if I could fast forward three years from now, w what would I want my life to look like? What would I want my life to look like for my kids?

Alan Stein: [19:36](#) And now let's start working backwards. And let me figure out what portions of that can I control. And that was one of the hardest for me because I think anyone that's gone through divorce or any trouble in a relationship, it's very easy to default and start pointing the finger at the other person, you know? Well, if you would just do this, we would be fine or if you wouldn't have done this, we would be okay. And, and that's what I mean. Okay. Several years of therapy and full transparency for me to get past that. And that was just all ego talking. Uh, I had to get past and say, okay, I don't control what she thinks or what she does. All I can control is what I do. And I know that the way that I treat my children's mother is going to have a lasting impact on how my sons treat women when they're older and how my daughter will, will allow a man to treat her when she's older.

Alan Stein: [20:22](#) And I decided that that was kind of my North star and those were, that was what was most important to me. So then I had to start making sure that all of my habits, my behaviors, everything I said and did was in alignment with what I wanted my goal to be. And once again, very easy to say right now, very easy to put on paper, not easy to actualize. And where I'm incredibly grateful, a, she took a very similar approach and, and that's why I think we were able to be very amicable and, and I used that same filter in every area of my life. Like I have this vision of the man that I want to become. You know, I want to be someone that is incredibly connected with his children. I want to be someone that is mentally, physically and emotionally fit. I want to be, uh, you know, someone that, that, that loves his career and enjoys filling buckets of other people, either through writing or through spoken word.

Alan Stein: [21:10](#) Like that's the man I want to be. So now I make sure that every decision I make, even something as small as what am I going to

eat for lunch? Is there an alignment towards that? That it's taking me closer to being that man not further away and by running everything through that filter. Well, like I said, it's, it's helps simplified life, but it doesn't make it easy to make some of those decisions in the moment. And I'll use traffic as an example. You know, you're sitting in traffic, you're getting angry, you're a little ornery, somebody cuts you off, you honk your horn, you give them the finger. I mean, just take a step back. When you're creating yourself in the future, do you really want to be the guy that gives the finger to a stranger because they cut you off? Like do you really want to be the guy that's blood pressure goes up because of something outside of your control?

Alan Stein: [21:55](#)

I don't want to be that guy. So then I work very hard not to have those types of gut reactions. And when I do or if I do, I catch myself quickly and I try to learn from that and say, okay, like don't, don't let that person get the best of you. Don't let this thing get the best of you as you've noticed. I am a little bit of a, a quote nerd and I heard a quote the other day that I loved and it says he who angers you owns you. Yeah. And I was like, wow, that's really powerful. And I don't know who to attribute that to. I just heard it out of context. But you know, and I try to think about that a lot when I find myself in frustrating or irritating situations. Yeah. I think I don't want to give the power to another person to control my mood.

Alan Stein: [22:34](#)

So you know what, I'm not going to let you frustrate me. I'm not going to let you irritate me. That's kind of when my competitive yes. Kicks in. So I think I relate to that. Yeah. You just got to make that decision of what's most important. And you know, I will say that with ours we just realized we weren't a good fit for each other. Uh, there was no abuse. There was no infidelity. Uh, it just, over time we realized we just weren't a good fit. And I also know that [inaudible] that makes it easier. I can't fathom the pain, you know, if your spouses as you know, uh, stepped out on you or if there'd been any type of abuse or if any. So I'm not acting like this is something where someone just wakes up one morning and says, Oh yeah, I'm going to be that guy. So let me change some habits. It takes a tremendous amount of work, but if you decide that that is the most important thing to you, then the work will be well worth it.

Jon Vroman: [23:22](#)

Well, I appreciate you mentioning that. I think that's a great side of the story to always remember that sometimes like when we figure something out, it's like we think that the rest of the world just needs to do step one, two and three and everything's perfect. But uh, yeah, it's, it's often times more complicated

than that as well. Let's talk a little bit about the time that you do get with your kids and because, cause you're sharing time, I've heard people say that

Alan Stein: [23:46](#)

then that makes the time that you are with your kids so much more. It feels important, right? Because those minutes really, really count and in some ways people have said, Hey, that's the benefit of it is actually it makes it so that that time it's almost like a meeting where you go, let's just meet until we're done and you go, how about we meet for an hour or 20 minutes? And then that positive constraint can have a really, that could be very impactful. Let's talk about what you, what are some of your habits or philosophies or strategies with your kids right now where you feel you're doing your best coaching work for them? Yeah. Tell us about that. I love the way you just brought that up because I've always kind of said tongue in cheek and I do think most people want to be in a loving relationship with a life partner and want that more traditional family and, and that's certainly something that that I hope to have again one day.

Alan Stein: [24:39](#)

But, but I, I do say tongue in cheek that divorce is actually made parenting easier because of the compartmentalization of the schedule, you know? And it works. Especially for me as a professional speaker. It works great because the first thing that goes on my Google calendar is my time with the kids. And I know that we'll be focused, connected time and then I'm free to do what ever I want outside of those windows. And it keeps things very black and white. And I know that for a lot of people that can be a struggle in the traditional when everyone's around all of the time because it's not as clear cut. So for me that parts actually, it really helped. And I know for our kids it's really helped to give them structure. They know what days they're with daddy and they know what days they're with mommy.

Alan Stein: [25:22](#)

And you know, the other part that, that she's been incredible about is, is how flexible she is. Because my schedule can often change. You know, if you called me up and said, Hey, I've got a speaking gig for you in Austin, can you get down here in two days? She'd be willing to work with me if I was supposed to have the kids. And, and for that, I'm really, really thankful. So for me, the, and this took up, this was a process because I love my work so much. As many people do that it's really hard for me to turn that part of my brain off. I would find that I was with my kids, but I really wasn't with my kids. You know, I was, I was with them at the park in body, but I was checking my phone or I was thinking about a talk I had to give and I really wasn't fully present.

Alan Stein: [26:02](#) And that's one of the things I'm most proud of. I'd say especially over the last year, I've done a better job still way far from perfect, but I've done a better job of being able to say, okay, I've got my kids this afternoon from three to seven. Everything else can wait. I'm going to focus completely on them. I'm going to leave the phone in my glove compartment, we're going to go out to the park or we're going to go out to eat and I'm going to focus completely on them and I'm going to ask them insightful questions about their day and I'm really going to connect and interact. And it's really helped our connection and our relationship, uh, big time. And I found that everything else that I used to be thinking about, it'll be there when I drop them off or it'll be there the next morning. It's not going anywhere. And then same. You know,

Speaker 3: [26:43](#) certainly I miss my children when I'm not with them, but I've also learned that, you know, when I'm not with them, that it's okay and I can focus on work and be guilt free. I don't have to think, you know, I'm gone for three days. You know, they understand that that's what daddy does. He loves his work. He's passionate about his work. In fact, as a father, I hope that my kids can grow up and find something they love to do. As much as I've loved what I do and I want to model that for them. But I've also gotten better about being able to be away for a few days and not feel guilty about it. So those were two struggles I had early that are getting much, much better now. So from a scheduling standpoint, yeah, it actually, it actually works fairly well. Well, and you know, on that topic, I think what's so good is that what we're really dialing into here is just a philosophy that works for somebody who's divorced and somebody that's married and that is blocking out time.

Speaker 3: [27:33](#) And it's the intentionality. I mean, I hear it from the married guys too, where you know, one of my buddies, Jim Scheels, I don't know if you and Jim [inaudible]. Okay. All right, so 18 summers, maybe summers. And he wrote a book for those who haven't heard me talk about him, the family board meeting. Well Jim was at our very first ever front row dads retreat in October of 2016 he taught that philosophy. And here we are recording this in the fall of 2019 and guys are still practicing this. They still put that as like one of their most important family traditions is this family board meeting. Then for anybody who doesn't know what I'm talking about, this is just basically once a quarter meeting with one child one-to-one for about four hours. [inaudible] the philosophy is really simple. Here's what it does. It creates a framework that we say, look, we're going to go out, we're going to spend four hours together, one-to-one, no technology.

- Speaker 3: [28:21](#) And that kind of resembles what you're just saying right now, which is it's intentional time. It's not just like, Hey, I'm with my kids. Hey, I'm at home. I'm, you know, it's, it's actually really making something special. [inaudible] giving it a frame, giving it some type of, uh, you know, tradition that makes it different or unique and I think, and you protect it. [inaudible] and that's, that's what guys are dealing with. So when guys are saying, Hey, I'm having success at home as a married man and, and, and, uh, you know, they talk about your phone. You said, I left my phone in my car, our guys are saying, Hey, I leave my phone in my car, I put it in a gun safe. We have a ceremony where they come in and they bring up the gun safe and they 50 kids put the phone away and they lock it and it's like one of the guys has a gun safe that you cannot open it for like a certain number of hours once you've locked it.
- Speaker 3: [29:07](#) It's like the right. That's what we're talking about here. Absolutely. Well there's two things, man. You're, you're so insightful. I love that you're bringing this stuff up and yet Jim and his board meetings and his 18 summers was, you know, I have, I've had several epiphanal moments as a father and you know, at the time I saw him speak and kind of followed up with him. That was definitely one of the major ones. You know, for me, one area that, that I've recognized that I have to do a better job of is creating individual time with my kids. Most of the time I have them. It's three on one. You know, because I'm a basketball guy, I always joke, you know, I have to zone defense cause
- Alan Stein: [29:42](#) I'm, I'm trying to guard three people here but uh, this fall I'm, I'm proud to say that I've, I've made the effort to take each kid individually on one of my work trips, um, where they get to travel with me. They get to see me speak, which is always their least favorite part of the trip. But I still want them to see what it is that I do and then we plan something fun around that. So I'm moving in the right direction with that. But hearing you say that about the board meetings is a great reminder that I can still continue to, to level that up. And I will say, you know, from a phone standpoint, and this is where I'm glad that I'm moving in the right direction. There were so many times where even when I was with my kids and I had my phone, I wasn't even doing work stuff.
- Alan Stein: [30:21](#) I was so busy [inaudible] pictures and videos of them and document the fact that I was with him. And I think that was kind of a, a deep seated insecurity that I needed to show my social following. Hey guys, I'm a present father. I'm actually with my kids at the park and I actually wasn't fully present with my kids

at the park because I'm so worried about documenting it and posting it and sharing it. And I'm not saying that [inaudible] by any means diminish people that put stuff about their children on social. There's nothing wrong with that. But I found for me it was kind of, I was more consumed with taking the perfect picture or video and writing the perfect pose. Then I was with [inaudible] actually being with my children and my ex sent me an article, been several months now on the concept of Sharon ting, which is parents that share a lot about their kids on social media and that as your kids get older, that you should have a respect for the fact that whatever you put out on your platforms will leave a digital fingerprint for the rest of their lives.

Alan Stein: [31:19](#) And are they okay with the stuff that you're putting out? And you know, a perfect example, one of my all time favorite pictures was my kids were really young. Uh, they came out of their rooms and they each had put underwear on their head and they started doing a dance. And certainly that give some light to the intellect of children I'm raising. But it was one of the funniest things I've ever seen. And I remember putting a picture of it up, but then I thought, you know, when my kids are 15 or 16 and they start dating and if someone were to Google their name and the first thing that pops up is a picture that I posted of them with their underwear on their head, that might be embarrassing for them. Here I'm trying to do something that I think is funny, but that might not be funny to them, at least in the future.

Alan Stein: [31:57](#) So if you'd go back and kind of audit my social media for the last year, you'll see a huge decrease in the posts that I've made about my children. And when I'm with my children and those that do go up, I now always ask for permission. And say, Laila, are you okay if I post this video? Jack, are you okay if I post this picture? And there've been a few times where they say, no, I don't want that up. And I, I just smile and say, no problem. I'm glad I asked. And, and I don't put it up. So I bring that up because, you know, I'm not saying that you have to keep your phone in a glove compartment. There's times where you can and should have it. But I know for me, I was so worried about proving to the world that I was a present dad, that I actually wasn't a present dad. And now I feel better about that. I better about the direction

Speaker 3: [32:40](#) of spending more individual time with my children because anyone with multiple children knows, you know, they're each so different [inaudible] and you need to have some inside jokes and some, some very connected time with each one of them. And, um, losing my train of thought right now, who taught me

that? But somebody taught me that, I think it was Marcus Sheridan. I don't know if you know Marcus or not, but Marcus is a great dude. He's been on the show. Oh he's phenomenal. And one of the things that he said was you can kind of, you, you can understand your relationship with each child based on how many inside jokes. That's right. Yeah. The YouTube get and correct. Correct. Really powerful to me and I really love that. So the neat part is, so I've, I've taken one son on this individual trip to New York and I've got two coming up in, no, with my other two children in November and December. And the son that I took to New York, I mean we have three or four inside jokes of things that happen and we still reference them, you know, that was a month ago and it's just a neat little relationship that we have. So I know that was a mouthful. And that's all things that I think we should be cognizant of as we're working forward towards being connected and fathers while still managing our businesses, our social presence and all of these things in between.

Speaker 3: [33:49](#)

All right guys. I want to take just a quick second to talk about something really important now and know you're listening to the show because you want to level up your game at home, but if you want to take the next step within front row dads, I want you to do something today which is text the words front row dads to (314) 665-1767. It's three separate words. Front row dads, it's not case sensitive. I want to send you a few things right away. First I want to send you a recording from a masterclass that I recorded with my good friend and author of the miracle morning, Howe L rod. He's a father of two amazing human beings and we recorded a show called the five habits of a front row. Dad, I want to send that to you because I think it is well worth listening to. Second, I want to give you 45 minutes of a mindblowing conversation that I had with a woman named Kim and NAMI and the show is titled have better sex, hugely popular.

Speaker 3: [34:37](#)

This will rock your world and likely your spouses as well. But I want you to have access to this information. Number three, I want to give you access to 1300 other front row dads inside of our Facebook group where you can ask any question, share any win, and give any resource that you think would be valuable to the community. And lastly, I want to include you in one email I send out each week. It's short, it's to the point, and I pull from my life experiences along with the insights for more than 135 members of our brotherhood. I want to give you the best of the best in each email. So all you have to do is just text the words front row dads to (314) 665-1767 and we will get you started today.

Speaker 3: [35:19](#) Oh, so good. Marcus Sheridan, episode number 67 I'm going to go hear that. Yeah. We talked all about how he got his kids involved in his business and how right he travels with them and yeah, we got into exactly what you just shared. It's, he's, he's a very dude, very, very smart dude, man. I love all this. You know, I, it's so fun how I told you prior to jumping on the line here that has like, I imagine we're going to talk about coaching kids, you know, and like, and uh, that's kind of the path. And the other thing I've given myself permission to do in these shows is just travel wherever it may. Absolutely. Right. And this idea of the Sharon team that you just shared the impact of the digital footprint. Boy, that's a really interesting dialogue that I would love to continue to have even with other guests and, and maybe explore that specifically on one of these shows because that's really interesting, man.

Speaker 3: [36:14](#) I, um, I will tell you that I aye thought about this multiple times being the leader of front row dads [inaudible] wanting to be vulnerable, wanting to be transparent, wanting to be honest. I want to talk about my relationship with my wife. I want to talk about our sex life, I want to talk about, and then I'm realizing that man, this is all stuff my kids are going to be. They were like, let me go back and learn about dad. You're like, I learned a little too much about dad and episode 42. Absolutely. You know, and, and uh, so I've struggled with that. Like even when I wrote my book, the front row factor, I was like, how honest do I want to be? And there's a point when you go, I want to be totally honest, but you go is that, is that what I want to be is totally like every thought that entered my head, the one that I need to write on paper or, you know, and I've thought about this a lot, even my journals, like, uh, you know, some, one of our guys was saying like, you know, we, we sometimes with our journals have this vision of like one day when we die and we're famous and they have our journals in a museum, they're like, here's the journal.

Speaker 3: [37:12](#) Here's what John wrote on October 28th, 2019 and then you're like, no, I hope my journals get burned when I, when I die because I've written some crazy stuff in the, who knows. Yeah, I want to be open. I want to be transformed. I want to be real, especially in my line of work where I want my guys to know like, Hey, this is, this is a challenge. But did you bringing up a really good point about, you know, wanting to share, wanting to maybe involve our kids in that. I sometimes wonder like I'd be like, ocean, are you okay with me posting this picture of your, of your butt? He's like, yeah, go ahead. Of course. No, I know. And the funny part is, of course at five, you know, they don't, they

don't have the quite the understanding of even knowing and you know, I love that you brought that up.

Speaker 3: [37:58](#) I mean that it took a certain level of vulnerability even to talk about your desire to be vulnerable. And I, that's where I feel a kinship with you. Cause I think there's a lot of things we're very similar, you know, for me, you know, I have to ask myself, all right, does someone need to co-sign on this vulnerability? You know, your, your example of saying, you know, you would want to talk about your sex life with your wife. Well is she okay with the level of vulnerability that you would share? And clearly that would be a discussion for you guys to have. And that's what I tried to do with my kids and say, you know, Hey I'm going to make a post and you know, a very small percentage of my posts do. I try to make like, Hey everyone, here's my kids. Like look at them. I know

Alan Stein: [38:36](#) no one cares about my kids the way I care about them. When I do post stuff about my kids, I always want there to be some type of lesson involved and, and I do think, you know, you and I have a responsibility to show that we are present connected fathers because we want to lead by example to others. I want someone to see a post and goes, man, Alan was at his kid's basketball game all weekend. I should be doing that too. So I, I do want that to a level, but this co-signing thing is really important. And for me, from a vulnerability standpoint, you know, I, I think, okay, what's the positive that could come out of this? If I share a really deep thought right now, what are, let me list the positives that could come out. But let's also look on the other side.

Alan Stein: [39:18](#) Like, who could this hurt? Who could this impact? You know, is it something well beyond just me? Because we have to be incredibly responsible with everything that we post. And you know, if this was taken out of context, you know, especially if you start talking about, you know, things like depression or eating disorders or mental illness, you know, and, and I've met bouts of depression in the past. And like I said, I've been through therapy, I've been on different medications and I want to be able to share certain things, but I also have to make sure that I'm doing so in a very responsible way. And that landscape is never easy. So, you know, I know, well, a good friend of mine said, do you use this filter before you make any posts on social media? Number one, does it need to be said? Number two, does it need to be said by me?

Alan Stein: [40:02](#) Number three, does it need to be said by me right now? And as long as you can say yes to those three things, then by all means

post away. But I think when we get into some of these stickier situations, we have to ask ourselves, right, do I really need to say this? Like, what's, how's this going to help the world? Is this something that's best coming from me? Or maybe there's a video or an article I could link two and then do I need to say this now? Is it appropriate? And, uh, these are things that I'm, I'm constantly juggling. And one of the things I'm fortunate is I kind of have an inner circle of people. They happen to be people I've worked with, but my brothers, one of them and they audit my social stuff. And every once in a while I'll put something up and you know, my agent will send me a text and she'll kind of roll her eyes with an emoji and say like, why did you just post that?

Alan Stein: [40:48](#)

They can take it down. And I'm like, I, but here's what she's like, just take it down. And I do. And yeah. So I also know that, that I'm incredibly fallible. Like everybody listening to this. So I also have this, this team of people that if I don't see my blind spot, they care enough about me. Just say, Allen, here's how that post is being perceived. I know you meant it to be this. Cause I know you. Here's how other people might perceive it and it's not a good look. Take it down. [inaudible] so did you take me up perfectly for this? When Alan, what needs, what needs to be said right now? What needs to be said by you in this moment to our audience. You know, what, what do you feel? What have we not gotten to that we want to get to here to wrap us up?

Alan Stein: [41:33](#)

Well, I think just kind of in summary is let's look at the, that the men that we want to be and under this umbrella of being a man, you know, what type of husband do you want to be a father? Do you want to be a business owner? Or you fill in the blank? What do you want to be? And then let's really work backwards to dissect the process and the habits and the behaviors and the mindsets and the routines that will greatly increase the chance that we become that man. And when we make a decision that moves us a little bit closer to becoming that man, take a moment and [inaudible] celebrate the win. Praise yourself just a little bit, even if it's just for a beat. And when you don't, when you sidestep, you step on a landmine, you go backwards, you make a boneheaded decision.

Alan Stein: [42:15](#)

Give yourself a little bit of grace and compassion. Uh, quickly move to the next play. You know, learn from the mistake cause I, I'm not about repeating mistakes. That's not good for anyone to do. So acknowledge that you made a mistake, apologize for it. If appropriate, learn from it and then flush it down the toilet and move on. It's over next play. Don't, don't think twice about it again. And if you can constantly do those things, then you're, you're in this state of, you know, uh, of evolving and

recalibration every single day and uh, surround yourself with good people that will hold you to those standards. You know, people that will say, hi Alan, you're saying you want to be this guy and you just said or did something that I don't think so in alignment with being that guy. Uh, because you might not be privy to that.

Alan Stein: [42:56](#)

It's called a blind spot for a reason, cause you can't see it. And if you get people around you that [inaudible] care enough and love you enough to tell you those things, then I think you'll constantly be inching forward. And one thing I've learned is none of us are going to be perfect. I mean, if that's your goal, I hate to rain on your parade, but it's never going to happen. Let's all focus much more on progress than perfection and wherever you are right now in any of those domains, don't focus on where you are now. Focus more on the direction that you're going because that's way more important. You know, if right now you don't have a great connection with your kids, just simply know that from a self awareness standpoint. But don't beat yourself up. See if tomorrow you can have just a little bit better connection or do one thing in the right direction. So the direction at which the ramp is heading is way more important than where you are now. And I think if that kind of puts a big bow tie on everything we've talked about. I mean, once again, everything I just said is very basic and fundamental. My children would understand that nothing I said is easy. All of these things I still find challenging to different degrees at different times of the of the day.

Jon Vroman: [44:05](#)

Well. I appreciate that. That is a nice summary of all that you know. And uh, at the risk of maybe w, w, w, w what would this section be called? This is like a secret. I want to ask you a couple of followup questions to that. So I don't want to put a total bow on it just yet because it just, it hit me as I'm listening to you. I'm like, Oh wait a minute. I heard you talk about this. I saw this, I read this in the book. You know, a couple other quick things. So I know we've got about 10 minutes here. So rapid fire you would on

Alan Stein: [44:32](#)

some of these things. These are things I wanted you to comment on that I thought were really powerful. Sean is, I've heard you talk about the rules for your kids and this is something that I'm really passionate about right now is putting, documenting things, having frameworks, principles, the Roman fundamentals if you will love it. What are your rules for the Stein kids? Well, and this one is funny to the joke that we made earlier. I'm actually working with a longtime friend and colleague of mine and I actually am self publishing a book that

will come out probably in March or April. That's basically a very brief guide for youth sports parents. You'll certainly get an advanced copy. I know we both thought that most of this conversation was going to go down other son relationships in sports and I never want to do a followup episode.

Alan Stein: [45:21](#)

We can certainly do that. But uh, basically the rules that I have for them for every, uh, activity, uh, every sport, the event, they really are the same for anything. It's the same rules I have for them if they go to a birthday party. It's the same rules I have when they're under my care and with me, uh, that is first and foremost is always be coachable and you can use different terminology. Just allow your teachers to teach you, allow your coaches to coach you, allow your mother and I to parent you B, have the humility to be open to coaching and open to learning and don't ever lose that a second. Care about being a great teammate. Be the type of teammate that you want to play with. And you know, as we get older, we still have teammates in life. You know, my colleagues and coworkers, I consider teammates friends.

Alan Stein: [46:05](#)

I consider teammates, you know, do everything you can to add value to their life and be the type of teammate that you'd want to play with. Number three, it's just give your best effort in everything you do. If you focus on your own effort, uh, and try to block most of the things out, good things usually happen. So just do your best. And then lastly, have fun. You know, if you're not having, if you're not having fun playing this sport, then don't play it anymore. You know, this is not something where I'm going to force you to do something. Uh, I want you to really enjoy the process. I want you to enjoy life. You know, I know terminology is a big thing and I know one of the buzzwords in the world, especially in entrepreneurship, is this concept of grind and that you've got to always grind.

Alan Stein: [46:47](#)

And that words never really resonated with me because I don't want my life to be a grind. You know, I want my life to be enjoyable. I work really, really hard and you know, I'll put my work ethic against anyone, uh, but I don't grind through life. So I don't rise and brine. I rise and smile. I rise and usually go take yoga or do something like that. And then I go on with my day. Uh, but I say that cause I want my kids to know that happiness is one of the most important metrics of what I believe is a successful and fulfilling life. And it doesn't have to be on your accolades or your titles or your, how much money you make. If you're enjoying what you're doing, it'll make the other things easier. So those are really the four rules. And, and it's funny

cause I asked him that, you know, before basketball practice you or after basketball

Speaker 3: [47:30](#) practice, excuse me. Hey, where are you? Coachable. Yes, daddy. Uh, were you a good teammate? Yes. Well, give me an example. What's something you did that was, if you were a good teammate, you know, did you give your best effort? Yes. And then did you have fun? And I can usually just tell that by the smile on their face, those four rules, you know, I think they cover most things if you're willing to kind of extrapolate them to different situations in life. But those four will cover it. Yeah. You know, this is a, this is a great transition to what might be kind of the final or almost final question I want to ask you about holiday traditions too at the end real quick if we have a minute, but I'm sure so I couldn't wait to ask you about Gary V. I think I heard you talk about him and then now you talk about grind and maybe you're not so fond of that terminology, which I think he's done a great job of kind of branding himself as like, I'm going to grind, I'm going to grind my way to hustle my way.

Speaker 3: [48:23](#) Yes. [inaudible] I remember, uh, I was at a mastermind talks event. Gary was there and he talked about how he would never let his kids win at a game. And then I heard you talk about that too. I want to share that belief. I wanted to ask you about that because, so one of my hangups with that is, so I understand flow state flow state being like, look, if you're just getting the shit kicked out of you constantly, that's a tough place to be. If you're your little league and you go out and play with the major leagues and you just get hammered every day for years on end. Yeah. It's hard to be engaged in that space. Absolutely. And then it's also not enjoyable when you're the best player. It's not enjoyable for the major league players playing the little league players either because there's no competition.

Speaker 3: [49:07](#) So true. So my question to you is how do you balance the like, Hey, I, I won't let my kids when and without letting them without, without knocking them out of that flow state where you're like, they're just going to get so frustrated. They're like, fuck that game. But you know, how do you do that? I love that angle real quick on the Gary V thing, I've, I've met Gary a couple of times and he's just a remarkable dude. Uh, he has so much authenticity, like who you see on social, who he is. And one of the things that I most respect about him is, uh, he makes a disclaimer so many times that because of the way he was brought up in the way he is wired, he wants to grind 16 to 18 hours a day because that's what brings him happiness. He doesn't tell [inaudible] other people that they need to do that.

- Speaker 3: [49:54](#) They need to find what makes them happy. So the fact that he uses self-awareness and happiness as his, his reason for grinding, I'm totally cool with what I have no problem with is other people saying, you and I should be working 18 hours a day to keep up with the Joneses and miserable doing it. Great distinction. Yeah. But, but yes, Gary and I do share that same belief and here's what, and I'm so glad that you asked that in such an insightful way because this is the part that usually [inaudible] you know, ends up on the cutting room floor. If it's something that has to do with, with strength or speed or intelligence, I don't let my beat me,
- Alan Stein: [50:28](#) but what I do to make sure that the overall win percentage is about 50 50 to keep that engagement, to let them experience winning is two things. One, I'll either handicap the rules, so we're going to play a game of horse, but I'm only gonna shoot with my left hand or I'm going to shoot kneeling down. So I'm still gonna do it. Everything in my power to beat them. But if I handicap it correctly, they'll probably still win. And that gives them a taste of success. You know, if, if we're going to race to the end of the parking lot, I'll give them a 10 yard headstart. I'll still run as fast as I can to beat them. What if I did it correctly? They're going to win. About half the time. And then of course the other is just play some games of chance. You know, we don't do these near as much now, but when they were little, you know, we're playing candy land and chutes and ladders and games where being an adult gives you no advantage, you know they're going to win statistically half the time.
- Alan Stein: [51:19](#) And if you handicap the stuff correctly and you play enough games of chance, you know, I would say my overall winning percentage with my children. Yeah. I don't know. It was probably 55 60%. So I'm still a little bit ahead, but it's not like I'm a hundred Oh. And I'm not crushing them and decimating them every time because I want them to experience winning [inaudible] and I want to see their behavior when they win. You know, do they win with class? Are they trying to gloat in front of me? And then when I, when I model the behavior that I want to see in them and we, we take winning and losing, you know, it's, we don't put a huge importance on it. We put the importance on the sportsmanship and the behavior that you exude when you're on either side of it and in their own sporting events.
- Alan Stein: [52:01](#) You know, I tell him all the time, you know, I'm going to come watch you play basketball today cause I love watching you play and it's a game that you enjoy and I want to be there to support you because I love you. I could not care less if you win this game. I could not care less how many points you score. That's

not what's important to me as your father. What's important to me is that you're developing the skills, you're learning how to play the game. You're making friends, you're learning these, these life characteristics. That's what's most important to me. And uh, as a coach and as a parent and as a teacher, you get what you emphasize. If you emphasize that that stuff is important, your kids will realize that's important. If you only emphasize the wins and the losses and the points scored, then that's what they're going to emphasize. So to make sure that the child services doesn't come. My kids, they went plenty of times because I make sure that that they can do that.

Jon Vroman:

[52:49](#)

Good distinction man. That's really great. Well, I'm glad we talked about that. Hey, uh, the final question that I have for you is, uh, as this show is released where near the holidays. Yes. I'm wondering if you could speak quickly to all right, your experience maybe as a kid in the holidays, what you, what was powerful about that is Thanksgiving or Christmas or whatever holiday, somebody out there listening is going to celebrate, but holidays, right. And this particular season of life and how you're approaching that with your kids. Just any, you know, w one or two glimpses into the Stein world and, uh, and how you're viewing that.

Alan Stein:

[53:23](#)

Absolutely. You know, it's interesting you brought up, so as we're recording this, we're a couple of days, uh, prior to Halloween. Uh, so of course Thanksgiving is around the corner. Um, my parents retired from the DC area 20 years ago and moved down to Myrtle beach, South Carolina. Uh, and every year I've taken the kids down to Myrtle beach for Thanksgiving. Uh, and it's been a nice tradition. Uh, and this year, uh, two of the three said, you know, daddy, is it okay if we stay here for Thanksgiving instead of going down there? And I said, sure, I'm, I'm open to discussion. And then I asked them a little bit about it. They just kind of wanted to stay in this area and be around their friends where they were off school for a couple days and you know, they knew that they would see their Nana and their pop up and other times. And then when I asked the third one, he was like, yeah, that's totally fine.

Alan Stein:

[54:05](#)

So I wanted to respect their decision and you know, I called my parents and said, we're not coming for Thanksgiving. And my parents were actually really upset with me. Yeah. I said, Hey, you know, this is not about me. This is about the kids and I want to show them that I value what's important to them. You know, I'm certainly not letting them run the household, but in certain areas I want to ask them what's important and I want to do what they think is best. And, uh, in this case the kids wanted to

stay home, so we're going to stay home for Thanksgiving. We do have it as part of our parenting agreement that the kids will always be home in Maryland for Christmas. Uh, that is the most important holiday to my ex. And I have no problem with that. And then the rest we just kind of take as is.

Alan Stein: [54:48](#)

So, so we'll see. But this will be the first time we're doing something different for Thanksgiving. And you know, the neat part is it's opened up a nice gateway for me to have productive dialogue with my parents and say, look, I understand that you're disappointed that we're not coming. You're allowed to be disappointed. I would never tell you how to feel. But in this case, you know, uh, I'm going to side with my children and do what they want to do. And yeah. And I think that anytime we can have [inaudible] uncomfortable conversations with those that we love, if you approach them the right way, some type of growth or some type of good thing will come out of it. So I'm, I'm happy that it's unfolded the way that it did, but it'll definitely be different this year. And Alan, before we say goodbye, where can people find you man, if they want to go get connected.

Alan Stein: [55:30](#)

Uh, if you go to Alan Stein jr com, that's kind of the hub of everything. Uh, I'm at Alan Stein jr on the major social handles. Uh, and if anyone is interested in the raise your game book, you can just go to raise your game book.com. Uh, and then I'll certainly be posting news very soon about the, uh, the guideline for youth sports parents. This won't be a book, like raise your game. This will be a hundred page, small size, something someone could put in their purse or even back pocket of their jeans and refer to it often because I think we all need reminders of what it takes to be the best sports parent we can be. I would never in a million years tell someone how to parent their child. That is a very personal decision. But having spent 20 years in elite athletics, I kind of know the best practices for how to make sure that sports is an enjoyable platform for your child and that's really what the book speaks to. Oh, I love it. Alan, thank you so much for being on the show, man. I am so glad we had this to connect. I've

Jon Vroman: [56:24](#)

got tons of notes. I can't wait to go back and listen to this episode again because the results, there's so much in here. The next play philosophy, what's important now, right? That which gets praised gets repeated. The definition of stress. Sharon ting, right? What would your kids sign off on when you're sharing online? Four rules for the Stein kids, right? It's just our conversation about why you never let your kids let them win. Right. But you'll make will adjust. That's right. Yeah. It's so good,

man. There was so much gold in this episode. I really appreciate you. Thank you for writing your book by the way. It's a, it is excellent. I can tell you poured your heart and soul into it. The stories are great. You're pulling from so much wisdom and experience of your own and the amazing people that are around you.

Jon Vroman:

[57:10](#)

And, uh, and, and just thanks for being a good soul, you know, and a great model for so many. You know, again, it's, it's such a cool thing when so many of your friends are like, if you've met Alan, I'm like, yeah, I know. I know. I need to meet Allen. And, uh, it's so great, man. That's just such a wonderful brand that you have with all these people. And I hope that we have a chance to play volleyball in Austin. I hope we have a chance to, you know, have more of your influence within front row dads. But this has been a great chat. Thank you Matt. Again, appreciate you, appreciate your time. Thank you. Feeling very mutual and I look forward to the next step of meeting in person, but I appreciate the platform you've created you, you have a huge influence over a lot more people than I believe you realize, so please keep it up. Thanks man.

Speaker 3:

[57:54](#)

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:

[59:22](#)

[inaudible].

