

Chip Franks: [00:00:00](#) The whole foundation of joy I say is on self-love and deserving and thinking that you want it. And that's part of joy. And that's part of the, the legacy that you can leave with your family and let them know that they are loved and that they are deserving of the finest things in life that are free. And having that joy is the absolute best thing you can do for yourself and for others.

Jon Vroman: [00:00:23](#) All right, gentlemen, welcome to the front row dads podcast. I'm your host John Vroman. And this is the show for family men with businesses, not business men with families. We want you guys to crush it in both areas of life. My guest today joining me for a chat is mr chip, Franks one of our front row dads, a local Austin resident and a the author of a book that I'm holding up. If you can't see it, ah, you're not watching this on video somewhere. Life lessons from dad. Pretty awesome, man. It's only 685 pages. Quick little read. And why did chip write this book for his, a beautiful family? Uh, his, his, his partner Laura, they've been together for 25 years. Their kids, Mandy, who is 19, turning 20. Allie who's turning 16. And Alec the amazing Alec who is eight, he wrote this book because actually chip suffered a stroke and that near death experience really brought him closer to what's most important.

Jon Vroman: [00:01:20](#) What are the lessons that he wants to pass along to his kids? I thought it's an awesome idea. I'm holding the book in my hands. I use it to hold down the house in case there's a tornado. So only 685 pages. But all kidding aside, man, chip was a professional, he was a broker for [inaudible] for a couple of decades and crushed it in that area of life. And now he's onto new ventures including being the chief miracle worker for the miracle morning brand. So partnered up with uh, our good friend, mutual friend Howe L rod and they're doing some amazing things over there and now we get a chance to talk about family life. So chip, welcome to the show, man. I'm so glad you're here. It is awesome to be here, sir. This is going to be a lot of fun today. This is going to be great man.

Jon Vroman: [00:02:03](#) Well let's first of all start off with something just easy, which is, I haven't talked to you a little bit. I mean we, we not so long ago I should say, we were at the jumpy house place, whatever, the trampoline park right with our kids. And we were having a blast. But since then I went on a cruise with my family and then, uh, but I don't know what's been going on in your world. So dude, just give me something like new and, and what can we celebrate? What's good for you? Uh, I'm going to give you a win from this weekend, which was fantastic. Um, this was the third annual, uh, Frank's family get together that we do with my dad. And what we did is a, as a birthday present to him three years

ago when he turned 70, cause we rented a log cabin, a big log cabin that see, you know, it's housed about 30 people and a nice pool and everything. And we went out and just had three days together as a family and it was fantastic. And we decided to do it last year.

Chip Franks: [00:02:58](#) We went to San Antonio

Speaker 3: [00:03:00](#) last year to do that and did downtown together and great time. And then this year we rented a beach house on the beach at Galveston and it was absolutely amazing. I mean, just a beautiful thing. And I mean honestly I don't know that we could be any happier and to just be with that debt's family cause it's the entire extended family that goes to it. And I guess I think we had, I don't know, maybe 25 people or so altogether. And, and it was just, it was very healing to my hearts and it just, uh, it made me extraordinarily happy to have all of our family together. So that's awesome man. When were you in Galveston? Just, just this past weekend, dude. That's so funny. Cause that's where we cruised from. So while we were in, we were in Galveston yesterday. Yep. So that's all your Friday, Saturday, and Sunday.

Speaker 3: [00:03:53](#) So we've got that. Yeah, that's great. We didn't get a chance to explore the city much, but it seems really cool. What do you mean? Aside from renting the beach houses, there are things about Galveston that you really like. Yeah, I mean just being on the beach is great. I mean, that was really nice. I mean, literally, well, we took two to three beach walks a day, most of it with family, which is great. I mean there's like a giant herd of us going down the beach, which is really cool. So there, there's that. And then they have a lot of great places to eat. So we all went out for seafood, uh, for one nights. And then the other night we cooked in. And uh, I mean it's just a, it's a great place to be. So how many people total? Yeah, probably about 25 I'm guessing.

Speaker 3: [00:04:34](#) That's great. Yeah, a lot. A lot of people in one house. So that was it. It was wonderful. Chip, let's go back for a moment in time and just talk about your childhood for a second. And I, the reason I like going here is not only a little, a little peek into your life, but there's so much to be learned from our childhood that reflects how we parent today. Either from the warning signs that we saw as kids and say, I'm never going to do that. Right to the things that we look back on, um, with great appreciation to say, I'm so glad I had that experience or that I learned that lesson or that my parents taught me this thing or that even sometimes it's not our parents, but it's parental figures in our

life that gave us these incredible lessons. When you look back on your childhood, what's something that acts as an anchor for you today as a father and family man?

Speaker 3: [00:05:25](#) What do you pull forward into the present moment that was a great experience for you? Wow, a great experience. You know, what is a little different? I had a broken family growing up, so, uh, my parents split up for the second time. They, they actually split divorced and then remarried and then divorced again. Uh, the second time they divorced when I was five. And, uh, I guess something that I just always appreciated as I spent time living with each of them. And if I spent one summer one parents, I spent the school year with the other one and then I swapped vice versa. You know, cause I moved between my mother and my dad and yeah, something I was just really nice for me and that was such a blessing is that always wanted in both places, which really felt good. And uh, so that's good. And I as far as something to take from that or, uh, something to remember with it, uh, I guess number one, as cool as that was, and I'm glad I went through it.

Speaker 3: [00:06:25](#) Uh, I definitely wanted to stay together for my kids. Yeah. No, I just, the, I did remember just yeah, being ripped up when I had to leave one, one parent to the other. And yeah, I definitely did not want to do that with my kids. So I guess that's something I'd take with me even though of course. Yeah. I love, love both of them. They loved me and showed me a lot of love and yeah, just did some wonderful things. That's kind of how I knew I wanted to live in my life later on. How did you feel love exactly. What did your parents do? Does that communicated that, that feeling? What did they say or w how did they connect with you via your love language? You know what? Um, I don't know if it was all my love language, but my dad always wanted to spend time with me, but usually it was doing something he wanted to do, which, you know, I guess thinking back about it as a, his hobby was rebuilding Porsches and he loved to do that.

Speaker 3: [00:07:26](#) I mean, they're awesome cars and I loved riding in them with them, but I didn't really love fixing them up. But you know, and he had me reading the big Chilton auto manuals. He as a kid, uh, but he always wanted to spend time with me. So that was good. And he also, he took me to Disneyland several times. He was a Marine and lived in Southern California. And that's actually, that's like my happy place. I mean, I, I still love Disney to this day. We're going to go again at the end of this year and that, that makes three trips this year and we live in Texas to, you know, mind you. So yeah, that, that might be something that's deep seated in me. He always took me there and we just had a

great time and uh, with my mother, one of the things that she did, which is just really great and this is good for me because I moved back in with her when I was a junior in high school and, uh, I sorely needed confidence and she just provided that she just had such a way of expressing unconditional love that was just fantastic. And one of the things that she did is we always had two dates every week together in one day. It was to, to watch a TV show on Thursday nights, no matter what. We would meet together and watch LA LA, if anyone remembers that back in the 80s. And then on Saturday afternoon we would have lunch at our favorite Chinese restaurants and we would always stop no matter how busy we were. And she worked up to three jobs at a time and we would have those times.

Jon Vroman:

[00:08:56](#)

So that was wonderful. [inaudible] when you mentioned that about the Chinese restaurant as an example, right? Or that we'd always do this, I can't help but just wonder in my own life how to balance the tradition of things. Do them often and always so that they are like, that's what we did as kids with my pet. Right. Versus always something fresh or new. I wrestled with this, for example, with vacations, adventures as a family. There's a part of me that wants to go to the same Lake house every year to develop that. Like that was our Lake house and we saw, you know that w there's a benefit there. Great. So doing the same thing every year, going back to the same place. It's also a benefit to seeing different parts of the world. How do you balance tradition and Hey, that worked, let's do that again. Versus, Hey, that work.

Jon Vroman:

[00:09:47](#)

That's great. Let's hold on to that, but let's do something new. How do you balance those two? You know what, I don't know that we did it consciously. Two things that would come to mind is that one, it's not just, yeah, me making the decision, it's the whole family to see what they want to do. I mean, so obviously you bring them in and if they feel like going to the same place, then bam, we're going to go to the same place. And then the other thing for us, and I didn't really think about this, but we do this often, is we usually just right after Christmas for my, my wife and my eldest daughter, we're both born on December 30th so we celebrate their birthday at Disney pretty much every year, which is kinda cool. And in my other daughter, Allie was born the week after that.

Jon Vroman:

[00:10:36](#)

So we go to celebrate all of their birthdays at Disney. And that's kind of the same thing, although we will alternate between California, Disney land and Florida Disney world. So that's kind of our tradition thing, you know, that's, that's our place. And then over the summer we usually do something that's different,

that's a variety type thing. So, and we've gone a lot of different places without Hawaii and CanCan and uh, taking car trips in Branson, Missouri, which, you know, kind of our low T vacation. Uh, and uh, we just do different things with that. So I guess, you know, Tony Robbins says we have a need for variety and the need for stability. So I guess our need for certainty so that that satisfies everything. That's cool man. I've really liked that. It's something practical I think that you give the guys who maybe I'm asking selfishly is how do you make the most of Disney?

Jon Vroman: [00:11:27](#)

And I mean this in all seriousness because if you like I just, we just went on this cruise [inaudible] part of my, there was a time during the cruise when I kept saying, Oh man, if I had more counsel, if I had somebody that was, that had been on cruises that said, John, look out for this. Look, I've taken cruises before and I missed some of the basics that I had written that I learned 10 years ago. I probably should've read a few more blogs. Got a little advice. Even considering the size of the boat, like our boat was on the smaller size of the Royal Caribbean. I forgot. There's like a 3000 person boat and a 7,000 person boat and the 7,000 person boat has the giant slides and all this stuff and you know, and our boat didn't have some of that. So, uh, and, and also I think where you go, you know, that was something, you know, considering what ports you might end up in. Anyway, my point is give us, give us, and I'm not even joking, some counsel on it. What do people need to think about when they go do Disney?

Speaker 3: [00:12:26](#)

Okay. Three things, right? Wow. Well let me tell ya, I've literally, I, if I get into something I like completely geek out on it. So I go to the city and of the show, the title is going to be making the most of Disney. Yes. You know what I'm going to do for the show notes? I will give you a guide that I wrote to parents going to Disney. Come on. Yeah, I wrote it for a friends that was going and I just wanted to make sure that they, that they got the most out of it. Uh, but you know, for starters, I would say that you go, uh, you always keep the purpose in mind. Why are you going? And it's to have fun, you know? So I, I have that little conversation every year before we head out that people are going to get a, you know, they're going to lose their tempers and they're going to get hot and, or cold and miserable standing in lines and we're going to do a ride that this person doesn't want.

Speaker 3: [00:13:19](#)

And this person does. Now it's kind of, you know, w we have it as well oiled machine, but you always remember, you always keep the end in mind, which is having fun. That, that's great. And for me, I literally, I, I have an app and I plan out which rides we're going to do in advance at what time. And we avoid

literally like three hours of lines by going counter-intuitively and visiting different rides at different times when they're historically have low lines. And, uh, so we make sure that we get to all of them, which again, I Deek out on that. And then, uh, is that a specific app that anybody could download? Yeah, it sure is. And in fact it's called [inaudible]. I need to make the Disney wine's app. It's from the unofficial guide to Disney. Okay. Can I read that book cover to cover before we took our first trip and it's another like 500 page books. So, uh, I did that and then modified from there, you know, to our own family experience. Something just real quick. This is an easy one for them. Uh, go very early in the morning before the crowds get there and go on a lot of rides and then leave as the crowd builds up and it gets super hot. Even in the winter, you know, it gets uncomfortable or whatever. Leave at about noon ish or so

Speaker 3: [00:14:42](#) when you know, things are out there, they're worst. And go back to the hotel for a little while and nap and take a, you know, takes twins or whatever and uh, and then come back at night when the crowd starts to leave. So that's, that's, uh, one of the travel hacks that we do. And that's a lot of fun. And then what usually happens is they'll go for a morning session and then they'll get so tired because we stay out until midnight or whatever, you know, at, at night. And it's awesome because there's nobody else there. So it's like our own part. And they will get tired that I never get tired at Disney. So I'm up early the next morning and I'm out exploring and going to all the different hotels and seeing what they have and all the theming and, uh, I just geek out on Imagineers and, and what they bring to the world, I mean, they just choreograph happiness and joy and yes, it's a [inaudible].

Speaker 3: [00:15:33](#) Some people feel it's artificial and you know, contained in all of that. And I get that because I love all kinds of travel when it's messy and it's exciting and surprising. And you don't know what's happening. But I also like this choreographed experience and I just, I've taken all the tours behind the scenes and see how they produce it and it's a great business lesson as well. So I do my exploring while they're sleeping in and then I come back when they wake up with their, their breakfast served and then we'd go again for the afternoon. And usually like, yeah, two, three o'clock. Sometimes it's when we start and we just stay all day because that's their time slot.

Jon Vroman: [00:16:13](#) Do you normally stay on site? Do you guys rent houses or how do you work that?

Speaker 3: [00:16:17](#) We, we have done both. Uh, I liked, I like it on site, which is a, is nice, but there's five of us now. So if we do that, we either have to have two hotel rooms or we're all kind of cramped into one hotel room. So lately we've been doing to Airbnb and or, uh, going to two offsite hotels and we just got, uh, this is a travel tip for everyone. If you do not use this, look for hotwire.com. Yeah. And it is magnificent. I don't know if you've used it, but

Jon Vroman: [00:16:47](#) all the time. That was my GoTo for speaking. Yeah. Hotels. Hot wires

Speaker 3: [00:16:52](#) killer. Yeah. We have a, uh, a hotel suite that's at a four four-star place and it's 100 bucks a night for five of us. I mean that's just unbeatable, you know? And I love getting good deals like that. It just, you know, makes me feel superior or something.

Jon Vroman: [00:17:09](#) I think we all like get deals, man. That feels great. Yeah. High wire, especially when you can pick the area where you want to book but not the specific property. That's where you get, I find that you get killer deals and they tell you so much about the property that you feel comfortable. You're like, this property has free parking and it's this far from this main park. So you can pretty much get a gauge of what you're, where are you going to be?

Speaker 3: [00:17:33](#) Yeah. Actually they uh, they do it now to where they guarantee that it will be one of these three hotels. Yeah. You can click on them and look at them and generally you can figure out which one it is from the reviews. Yeah, that's it. As long as you're comfortable with all those hotels, you're, you're great. And that's how they get away with the prices

Jon Vroman: [00:17:50](#) because they can't, you know, the Hilton can't slam it and say, Oh, we're going to sell these rooms for 100 bucks a night. But they say, you know, they've, if, if they don't say the name beforehand, then they're able to do that, not devalue their brand. So yeah. So it's just a, it's a great way to do things. That's awesome man. Very cool. Well, I, uh, I would love to take my family to Disney. I'm hesitant on it, but mostly because it always felt like it was going to cost \$18,000 to go for the, you know what I mean? And maybe that's just out of fear that I, I, I went to Disney, uh, actually with Howe and his family when he lived out in California. We did a day there, but I've never done, Oh, a week in Disney. And how long would you go for?

Jon Vroman: [00:18:32](#) How many, how many days could you actually do the park? Let's say you're in Florida, right? How many, how many days would you stay? Yeah, we usually stay, uh, at least seven days. I mean,

so we're there for a while. So we spend at least one day in each part in a lot of times we'll go to universal and see Harry Potter world and all of that as well. But something that Disney does very, I mean, they're very crafty about this is every day that you stay it gets cheaper and cheaper. So when you're there for the fifth and sixth and seventh days, it's like literally, you know, \$10 a day for, for the, the family members. So they want to keep you in their fold versus, you know, you going over to the competitor. Yeah. So that's, that's what we enjoy in those days or just bonus days. So we get to go back and see the different places that we like and in any ways, I mean, when you go, you better call me and grow on that.

Jon Vroman:

[00:19:25](#)

I'm going to take care of you. Call you. I want to go with the Frank family man. We need, we're going to, we're going to just follow, we're going to duplicate your itinerary. So yeah. Well we have a great time. So yeah, you could do a lot worse. Oh man. Well chip, let's switch gears here. Man. I want to get into this book because I'm so excited to talk about this. You know, I've been, I've literally, I've had the book, it sits right here in my office. I'm, every time I see it, I'm so inspired to maybe not always in print, but to be thinking about what life lessons I'm giving to my kids through experiences, through conversation, through demonstrating behaviors. And then, um, and then of course what I am writing on that note, by the way, did you, did you see I made a post in our member area about [inaudible] [inaudible] pictures that I've been printing and writing notes in the back. Did you see this? No, I have not. I'm very much intrigued now. Hold on, let me, I want to grab one and show it to you. Hold on.

Jon Vroman:

[00:20:22](#)

All right. Now for everybody who's listening and not watching, I'll explain what I'm about to show. Yep. But so chip, I printed a photograph that's a picture of ocean building with these Magnatiles and then on the back I wrote ocean a note about the strengths I see in him as it relates to that photograph. So I, I wrote, I wrote ocean, your, your building has become the entire family. Loves to watch you create new homes, ships, cars, towers, et cetera. You're able to sit alone for hours at a time and focus on your next invention while you can be alone. You also love to build with other people. I can't wait to see what you choose to do next. I love being your Papa. And by the way, that's my, that's my phrase with my kids is I love being your Papa. So every time when I leave the room at night, I whisper in their ears.

Jon Vroman:

[00:21:14](#)

I love being your Papa and, and uh, OSHA or tiger star has started whispering back to me. I love being your son and the

ocean hasn't quite yet got there yet. He just soaks it in and smiles. But um, yeah, let me tell you one that's, that's awesome. And I just wanted to tell you too about tiger. Uh, when we went to the trampoline park, uh, he was awesome. I mean, just so you could see he was a obviously a boy. I mean he's got energy and strength and like ready to get out there that, uh, he was also very kind and compassionate and you, you could see that. I mean, he is going to be a fine man. So yeah. Great job on the hands. Kind of shepherded my son and [inaudible]. I thought that was really wonderful. Yeah, he's got a big heart. He's a great big brother.

Jon Vroman:

[00:22:02](#)

So well listen, so why I wanted to share that with you is just putting things in writing, right for our kids. So I'd write these notes in the back and I'm hanging them up in there in their room. I have the, like you were talking about before, you've got reminders set for a lot of your things that you want to do as a dad. And I have a reminder that pops up that says print a picture from the week and write a note on the back and then hopefully create this photo album with notes on the back for my kids. That type of journaling really works for me. This what you wrote. It's pretty Epic. So I want to get into some of the lessons that you've shared, but I want to do something that I did not prepare you for and I just hit me.

Jon Vroman:

[00:22:37](#)

So I'm literally in the moment here, buddy. Just roll with it. We're good experiments and we'll see how this goes. I want you to pick a number chip of your own book here between one and 680 for 650 something, right? Yeah, pick a number between one and 650 something. I'm going to land on that chapter and I want to ask you to tell me a little bit about that one. So what number comes to mind? Okay, so is it a, I guess is this a page number or a lesson? So we have 101 800 number pick a page number and I'm going to go right to that chapter. All right, let's go with that. 522 520 this is completely random folks. Totally random. It's probably going to be the worst chapter in the book, but no man, this is going to guide us. We are being guided here buddy. No, I love serendipity. So are we're going to make this happen dude. I think that this actually will tie into one of your 12 principles for being an Epic family that you were telling me about. So which we'll get to that with the listeners here in a second. Alright, so on, so the chapter that that falls under is 79 or number lesson

Speaker 3:

[00:23:46](#)

number 79, which is actively appreciate it all. Oh, that was where it all starts. Always be grateful. So talk to us about gratitude and appreciation in your home and what this chapter might represent. No, absolutely. And I can't believe that that's it cause that's, uh, of course that is signed. That's the way

serendipity works. Appreciating it all is just one of the biggest core foundations of who I am as a person and what I would like our family to be. And I think that each of us, we can choose two paths. You know, Albert Einstein is attributed to the quote that said, uh, we can either live life as if everything is a miracle or as nothing is a miracle. And I, I think that the people who complain and who find fault and, uh, go through life, uh, thinking, you know, the world owes them something.

Speaker 3: [00:24:39](#) Our approaching life is nothing is a miracle. And the people who are grateful and actively appreciating, and that's, uh, what I call gratitude. 2.0 you know, gratitude, 1.0 is thank you for this. It's, it's given to you and you're just thinking back. You know, the waiter gives you water. Thank you. Yeah. A beautiful sunset unfolds before you thank you. But active appreciation is you going out to find and meets other things in your life and that is gratitude lists and setting up time to uh, to appreciate what a miracle life is. No. So as far as the family goes and what we do, I'll leave you with this and hopefully you can use this in your family. If you're listening to this on the other side of this, this podcast or this video, [inaudible] is a, we always asked the kids what they're grateful for before they go to sleep at night.

Speaker 3: [00:25:32](#) And that serves a couple of purposes, but one is anxiety cannot live in the same head at the same time is gratitude. So number one, it's kind of helping them to transition from a day, a hectic day of, of different things. And you know, busy-ness and hustle and bustle and all of that too. Settling down and finding something to be grateful for. And the other thing it is, is just a family tradition. And I know without a doubt, because we've been doing it over 10 years now. And I know for sure that my girls will and my boy, well, uh, the girls for sure will be telling their kids or asking their kids what they're grateful for, you know, and that's, uh, a tradition that I was able to start. And I love that. And now it's so cool because if, we haven't even talked about this yet, but my son, the amazing Alec, and if you go to Facebook at the amazing Alec, you can follow him.

Speaker 3: [00:26:27](#) But he has down syndrome and he's, he's eight years old and just like most joyful boy ever. I mean, he's just, just loves everything. He's just a force of nature, loves life. And know, I feel like I have an unfair advantage and joy because I get to spend every day with them. But something he does at eight years old is he asks everyone what they're grateful for at night now. I mean, he's taken on that mantle and he's the one that instigates it every night. And he's just, he's awesome. Cause he'll ask you what it is and the rules, by the way, you can't say the same things all the time. It has to be something different

and something that you reach out for. That's a, that's a very specific, and you can't say I'm grateful for mom, but you can say, I love how mom greeted me today or how mom made me feel when she did this.

Speaker 3: [00:27:16](#) And that's what we do with them. And, and our son, well a ask us and we'll tell him and then he'll go on a laundry list of things that he loves. I mean he just goes on and on and uh, like you'll go, you'll talk about a school and a baby. Jim's like the, the place that we went to and lately it's been clean music. I, he loves Freddie mercury. That's who he was for Halloween. I don't know if you saw that or not. He was Freddy mercury for Halloween, which is just always got an Epic Galloway costume. It was a, it was really cool, but that's a tradition. So that is actively appreciating it all and there's a lot more to it. There's a, the phrase and more [inaudible] and uh, and the principal that you can appreciate everything, whether it be good or especially if it's bad, if it's an obstacle or something, a hardship in life or something that makes you better.

Speaker 3: [00:28:09](#) It's just all part of actively appreciating it all. Give a fine. That was so much privilege in your life. Meaning, look, you've worked really hard to get what you've got, but you live in Austin, Texas, right? You have money, you have a beautiful family, you're gifted with a lot of wonderful things, a lot of opportunities. You eat healthy food, you drink clean water, right? There's a lot of things that in some ways kind of become normal for us. Right? Yeah. How do you stay in gratitude and do you find yourself slipping away from that and being like us boiled bread with all the gifts that you have? That's a very great question. You know, and it's interesting as you say that, but, uh, you know, that we have all the comforts that, that any King could have dreamed of, you know, a century ago. Right? And as a society in general, we're a lot less happy in the less joyful then we've ever been.

Speaker 3: [00:29:05](#) You know, we're extraordinarily connected and feel disconnected. And if you take a look like I've been to lots of places, you know, Jamaica, I'm thinking about that. And they have poor little families and shanty towns and you know, I feel like, like compassionate in my heart, like, Oh my gosh, you know, this is how they live. But then you see the kids on the beach and they're happy and you know, they're playing and they're fun. And oftentimes we don't have that. So there's, there's two principles to that and one is [inaudible] can and often do feel guilty for not appreciating and all for all of blessings that we have. Uh, so that's one and two is there, you know, you just said that we'd get used to it and that is a

scientific fact. I've studied this for my new book and it's called neural adaptations.

Speaker 3: [00:29:54](#) And that just means it becomes your new baseline. You know, if you jump into a cold lake, uh, it stops being cold after a while. You know, if you live under an airport, you stop hearing the airplanes overhead because you're just so used to it in your mind. Huh. Establishes that as your new baseline and it concentrates on new criteria that come to it. So everyone gets used to that unless, and you just, this gets to the other part of your question, unless you have a ritual or a way of bringing you back to be very grateful. And, and I have, uh, yes, the right person. I mean, I, I have a bunch of practices to do that, but I write down my gratitudes every morning. I write down five of them in a specific pattern, something profound, something that we'd normally take for granted, an obstacle or a challenge.

Speaker 3: [00:30:46](#) And then, uh, either like people, places, things or events or things that happened in the past or even things that happen in the future. Uh, I write all those down in the morning and at night, you know, as a book in practice to, to begin an in my day. And then I'll give you just one more because again, I have, I literally have about 10 of these practices I do daily, but one of them is a joy alarm. And if you don't have this, if you're listening, I hope that you break out your phone and do this because it's really fun. And what that is is a at 7:00 PM every night for me. But I would recommend doing it at a time where maybe you're low on energy or yeah, maybe the day that's not your greatest part of the day. You set an alarm. And in my case, it plays what a wonderful world by Louis Armstrong and when it goes off, uh, and it always surprises me.

Speaker 3: [00:31:38](#) I mean, it's at 7:00 PM every night, but you're often in the middle of something or you're driving. Sometimes you're in a bad mood and it goes off. And it's just a reminder to stop and appreciate the miracle of it all. And if you can take that minute of silence and just breathe in deeply and think about the man. I mean, just what a freaking miracle at all is. You know, like the other day, yeah. I just, uh, I was with my family yeah. At Galveston and the alarm went off and we were around, uh, you know, all of these family members. And I see my son and he's laughing and talking with, you know, with, with the people there and there. I mean, he makes everyone laugh, but, um, I was just thinking, uh, that's when he was born. He had a very serious health condition. Any had, uh, he had seven surgeries in his first six months of life. And I'm thinking of what a bonus it is that he's even here, you know? And

Jon Vroman: [00:32:39](#) yeah, of course we get used to the fact that our loved ones are there, but what if he wasn't? You know, and it just,

Jon Vroman: [00:32:45](#) it just made me come back to that, that moment of gratitude that, Oh my gosh, I mean we get this miracle in our lives and all of that from setting your phone, you know? So it's a just little triggers that go on throughout your day. So anyways, that's a little man. I love that. 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 three one four six, six five one seven six, seven three separate words. Front row dads. It's not case sensitive. I want to send you a few things right away.

Jon Vroman: [00:33:28](#) 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 is 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 mind blowing conversation that I had with a woman named Kim and NAMI and the show is titled have better sex, hugely popular. 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 could 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 three one four six six five one seven, six seven and we will get you started today.

Jon Vroman: [00:34:36](#) And this is so important to be talking about regularly because, well, let me just speak for myself. I want to say that I've seen it and a lot of other people, I definitely have seen it in other people, even my closest friends that wrestle with this, that seemingly have so much, but wrestle with wanting to feel joy through it. All right? And that know I'm on this [inaudible] boat and I had this feeling several times where, okay, so let me set the stage here for a second. So I get on the boat and I'm immediately noticing things that are broken. Scratch, not working. This drawer doesn't work. This window is super dirty and I'm literally, I start taking pictures of it because I'm building

a case for that. So I'm literally like, I can't have like John, you're going to get, you're going to get what you focus on.

Jon Vroman: [00:35:27](#) Like, why are you like you could be with your kids, you could be having fun, but yet you're so trapped in this. And, and I, I really explored this. I was like, I, I really sat with that cause I go, am I becoming the grumpy old man? Like am I, am I becoming the disgruntled old man on the cruise ship that like, can't, you know, and I, this is not a real problem. These are real, I'm on a cruise, right with my family. This is, what am I doing? I've wrestled with that, right? Or noticing that my kids were doing something that was inappropriate and at least in my opinion, we're in the art gallery and the kids are doing and I'm like, can't do that in the art gallery. And I just recognize how easy it was for me to get out of appreciation, out of joy, out of, you know, just looking at what was great about my life or what was happening and really hone in on what was wrong and [inaudible] and, and I get it.

Jon Vroman: [00:36:20](#) Like I want to make it great. I wanted a great ship for my family. When I saw scratches or things that were broken, I felt like I failed, but like I didn't pick the right ship for them, but I really spent some time thinking about why do I care about this stuff and why do I get wrapped up in it? Right? And so where we landed, let me tell you how I've navigated through this. I got to the point where I said to my wife, I said, we're going to, at every meal, every meal, we're going to do gratitude and intentions. So just what, what's going great, what are we grateful for and what are our intentions for the next three hours, right? What do you, how do you want the next three hours to go? What would make it Epic? And that really changed the conversation, changed the focus.

Jon Vroman: [00:36:55](#) That was good, right? Clearly, a lot of us have talked about the gratitude practices isn't necessarily new, but what it can be is can easily be done. It's easy to know about it. It's also easy not to do it. It's easy not to have this as a habit. It's go. Yeah, yeah, yeah. Right, right. Of course, Jeff, write down three things you're grateful for. Yeah, blah, blah, blah. Right? Like I've heard it, the five minute journal, the gratitude guy. It's like we hear it a lot, but to the point to where you go, but yeah, but are we doing it? So I think another question that I'm really wrestling with is how do I not intellectually know that gratitude is important but to do it? And so my wife and I lost point of this is that we said, look, even catching the kids doing something right.

Jon Vroman: [00:37:37](#) I said, let's be honest. At the end of the day, if somebody were to calculate how many times we correct the kids that they were

running when they should have been walking or not climbing the wall or not touching that painting or whatever, at the end of the day for each on this cruise, how many times would have the kids heard something they were doing great, that they were succeeding, they were winning, they were awesome. And how many times did we tell him to stop? Stop talking to your brother that way. Stop touching that wall, dude. Like how many times were they criticized? Can I say it? If I'm being really honest? It was like 30 criticisms to like three compliments being honest. And, and then I said, well, we're going to set our alarm every hour. Like a timer on the watch that every hour. Well catch the kids doing something right. We'll literally set the watch. Now how did that turn out? We failed. But you kept forgetting to set the timer right? Or reset it, whatever. But, but what did happen was we were way more intentional about it. So while we failed in an Epic fashion on doing it every hour, we did start

Speaker 3: [00:38:36](#)

catching them doing the right thing and then we would not, you know, would kind of give each other a little nudge and you know, and, and, and say, Oh, you're doing a great job watching your, your brother. You guys are playing so nice together. You guys are, you're so polite to the people on the ship. It really did change things. So I dunno, the alarm thing is really important, right? It's like how do we create these triggers? In our lives. That's the question I would pose to everybody out there listening. Right. It's not just intellectually getting it, it's coming up with a system that works for you. Yeah. And, and um, you know our good friend, how he talks about this, but he says to change your life, change your schedule. Yeah. So if you don't schedule time for gratitude, if you don't schedule time to catch your kids doing something right, if you don't schedule the family dinners or the date nights with the spouse or the overnight dates or any of those things, then the, the tyranny of the mundane will take over and will occupy every moment that that's not spoken for.

Speaker 3: [00:39:34](#)

Yup. Yeah. 100%. Let's, let's keep on the subject of joy for a second. Cause you, you got into that a little bit, but you also mentioned that you've got the book coming. Yeah. Which is pretty cool. What, what's it all about? Why do you, why joy? Why do we want to talk about this? What, what do you hope the book does? So let's maybe go there. Yeah, let's, yeah, let's do this. This is, I feel such a deep sense of this because I've been after for a while. And the joy to me, and let's define joy because there's a lot of, you know, happiness books and happiness doctors and things like that. And I just want to make a clear distinction. The happiness is something that's fleeting and it's something that changes with the weather. You know, you wake

up and it's a great day and you have bill, you know, money to pay your bills and you're not fighting with your spouse that day.

Speaker 3: [00:40:19](#) So you're happy, you know? But that is dependence on circumstance and it's fleeting and it's external, often driven by the things you have or don't have. Whereas joy, Joyce shape, circumstance and joy is that internal feeling that you bring with you wherever you go. That's not dependent on, you know, whether or not you're on a cruise ship or you live in Austin, Texas, but able to appreciate and love and really get the most out of life wherever you are. And that's, that's how I define joy, is a sustained internal happiness. And my theory is, is this, and that is that every human being on the planet is after joy. Yeah. Whether they know it or not, and it's in, typically they're not clear on that. It's not clarity, but from the preschooler who's trying to get their, their particular toy that they want to, the hardest, hardest core drug dealer on the planet that kills us competitors, you know, they're, they're all after joy in that feeling.

Speaker 3: [00:41:22](#) Obviously some of them go about it the wrong way and most everyone doesn't realize that that's what thereafter, you know, which obviously it makes getting there a lot tougher. You're not if you don't know the destination. So that's my theory. And you're going along with this, you know, for dads and families out there, I think that literally the best thing that you can do for yourself and the best thing that you can do for those who love you is to have true joy in your life and in your heart. And you know, when you feel that, number one, it gives other people permission to do it themselves. You know, especially if you're a dad, they get to see that and they know that, that their happiness and their joy is important because you place a priority on it. So you get to do it as, as a role model for it.

Speaker 3: [00:42:12](#) And then also you get to show them how, you know, which is just just a wonderful thing. And I think that's with joy. It's not, a lot of people think it's either you're born with it or you're not, you know, he was a happy baby or not a happy baby or whatever. But it's been my experience that you can absolutely cultivate it. And I've worked with a, a the doctor, a happiness doctor from Canada. It's a good friend. And we talked about this a lot, but your brain, it physically changes. When do you have a gratitude practice and you stick to it just like accountants, the part of their brain that crunches numbers gets better and easier and faster and that that muscle gets developed. It's the same thing with gratitude and doing it over time and setting up those practices. I mean, those are all things that can really help.

Speaker 3: [00:43:05](#) That's my take on joy. And, and I, there's actually, there's a framework of it and I think that it's actually built on self-worth and self love before you even get to true joy. And I think that you can, you can have other aspects of joy, but at some points it will fall apart unless it's built on a foundation that you deserve it and that, that it's your birthrights and uh, you're worthy of it. And then of course, you know, the things that you can do in active appreciation is, is the first pillar of joy. And then another one that we have is applied philosophy. And this is one that, that evaded me until this year, but a applied philosophy is picking a philosophy that seems to make sense of it all for you. Something that works for you to make life work and make sense. You know, like, uh, I, if you saw the, the children in Jamaica as my last example and they're living in a hovel and you, you feel really guilty about it while we're on this beautiful ship and getting, you know, food thrown away at night, you have to have a life philosophy to help deal with that.

Speaker 3: [00:44:14](#) And you know, for me, I affirm that, and I'm not pushing religion or anything like that on anyone, but for me it's that we have a loving God and as such, there is so much more to life than we know. And if someone has a really bad experience of life or you know, it was in terrible pain or that experience as some kind of tragedy that there is good that comes of it either from this life or the next life or whatever is beyond that. Because if you believe and you have that philosophy, then everything has to work out in the end. You know, and I, I find myself saying this and I actually write it down in my journal, I repeat it every day is that it will all be divinely perfect in the end. And if it's not divinely perfect, it's not the end.

Speaker 3: [00:45:00](#) And I, I've bastardized out from John linen, but I just, I, I truly believe that with all my heart. And it's just given me such a peace of mind and a piece of soul in my joy that it just makes a lot of difference. So anyways, I'm going off on tangents here and going deep into it. But then the other parts are self-improvement and adding to your life and gaining momentum and becoming a better person than you were yesterday. And that's actually what got me out of a prolonged depression was just that one pillar of the joy in that led to the self worth and the self love and deserving. So it can work, you know, outside, in going that way. And then the last part that I have is the acts of kindness and that's, uh, doing something to serve your fellow human beings and being kind and showing compassion and empathy and helping.

Speaker 3: [00:45:50](#) And I don't think that there's a truly joyful life without that. Yeah. So that's, that's my framework. That's awesome. You

know, as we get in, as we record this, where we're right in the holiday season when it comes to taking care of people. Right. And I'm spreading joy. Yeah. This is such a season of the joy for so many. What does that look like for you and your family around the holidays? How do, what are some of the traditions how you share and give and create joy this time of year? Mmm, well, part of it, uh, of course. I mean we're really big on gratitude, which I talked about. So we've done that. And honestly, there's some things that we need to do a lot better because we do help some families that are less fortunate than ours. And we provide Christmas for, for a few other families. And to me, you know, as a kid, I didn't get it, but they say, of course, you know, it's more blessing to give than to receive.

Speaker 3: [00:46:41](#)

And because as you get older, you, you understand that. And yeah, that's something that we, we believe in with that. But again, you know, when I said that it's a, you're being joyful is the best thing that you can do for yourself and for others. You being joyful, uh, serves other people to help bring them up, you know, if that makes sense. If you have a genuine smile, if you really care, if you are talking to someone at the register and you ask them how it, how are they doing? And you like really paused, listen and, and you know, connect eyes with them, you know, hopefully not too creepy, but you, you, you just really care about what they say and have a genuine compassion for people. Um, so that's part of it. And then for me personally, the acts of kindness, um, I try and do at least a day

Jon Vroman: [00:47:30](#)

and that's just something I check off. Literally check off in my journal at the end of every day if I did an act of kindness. And that kind of centers me and it's reminds me why we're all here. Yeah, it's cool. You know, I couldn't help. But thinking about when you talk about joy and how important that is to be joyful for your family, the dot I'm connecting in my mind right now. Is that, yeah. And I'll go back to the cruise, cause this is super relevant for me, is that I kept repeating to myself, I am the decisive element, right? That's the phrase I kept saying. I'm the decisive element. I set the tone. I, Brett, and I'm sure you've heard this, and I don't know who to attribute this to, but I remember somebody saying, you're either a thermostat or a thermometer and a so one, you know, I think everybody can [inaudible] what that means, right?

Jon Vroman: [00:48:20](#)

It's like, do you want to be a thermostat or a thermometer as the leader of your family? And for me, I have come to the frightening conclusion and I'll explain where this is coming from by the way that I am the decisive element. Now, that phrase that I just said, by the way, uh, is part of a quote, I'm going to

read it in just a second because this is, this came up at our dad's retreat, uh, in San Diego, said by Adam stock. One of our members, and I don't know who, I'm still, my team is trying to figure out who said this initially. Oh, who's the original quote from? But let me just read it and then, uh, I'll just say it's not mine. It's somebody and somebody really smart. Here we go. It says, I've come to the frightening conclusion that I am the decisive element.

Jon Vroman:

[00:49:04](#)

It is my personal approach that creates the climate. It is my daily mood that makes the weather I possess tremendous power to make life miserable or joyous. Check that out. Yep. Check that out. I can be a tool of torture or an instrument of inspiration. I can humiliate or humor or heal in all situations. It is my response. Who decides whether a crisis is escalated or deescalated? A person is humanized or dehumanized. If we treat people as they are, we make them worse. But if we treat people as they ought to be, we help them become what they're capable of becoming. Now [inaudible] personal confession here on this is that there've been so many moments that I've become aware of lately where I am the decisive element and not in a good way. Like I, I, I escalate a situation. I make it worse than it was because of how I respond.

Jon Vroman:

[00:49:55](#)

There's other moments when I win and I'll give you a great example of how this showed up and I'd love to hear from you too, chip about like where do you feel you're winning in this area and where do you feel you're struggling? Because I'll give you a real scenario. We were at the dinner table on the cruise, which is really tough with a five-year-old with a lot of energy, right? Who just bounces off the wall and we're on this cruise and ocean is, he's at his best with energy at this moment. And I give him a couple warnings and I say, if we can get this dialed in here, we're going to leave the table. And he's just, I mean, he's throwing stuff, he's screaming, he's hitting, he's, it's nasty, right? And I just get up from the table, I walk over, I pick them up and I start walking and we walked to our, our room, our state room, and we sit down and I say to ocean, I say, we'll go back when you calm down, but this is not behavior that we're gonna have at the table so we can go back.

Jon Vroman:

[00:50:47](#)

When you're, when you're calm, take some deep breaths buddy, and calm down. He has losing it like he is. And he's telling me, he's like, I can't calm down. I can't, I'm really trying, but I can't calm down. I see by that's breeze. Take a moment and just chill. No, I'm trying not to get triggered myself. Right. And I'm doing a pretty good job of staying calm, but, but he, he, he just, he, he is having a very difficult time, which is making it

so that my body starts to feel it. You know, the crying, the whining, it's, it's wearing on my patients. And finally I say, ocean, you're going to, if you're going to continue to scream, you're going to go scream in the bathroom cause it hurts my ears. You're not in trouble. You just need to calm down and right now you're screaming is hurting my ears.

Jon Vroman:

[00:51:31](#)

So I put them in the bathroom and he immediately comes down. And I've noticed that by the way, if I remove myself as the trigger, that sometimes will help them. But then he starts kicking the door, right pounding on the door and I now feel it bubbling up and I go grab him. I opened the door really fast, I grab him with energy and I pull him out and I put them down on the couch and I, and at that moment I must've just looked angry. You know what I mean? Like so disappointed, so angry. I still think I'm pretty calm, right? But I'm definitely like, I am triggered. I am now officially triggered and I sit him down and uh, I'm not screaming at him. I'm just from right. And then I realized I'm only escalating the situation with my energy. My energy is escalating the situation.

Jon Vroman:

[00:52:18](#)

So then I sit next to him and I say, I need to need to break his pattern. I say, buddy, why don't we look at pictures from the day? And as soon as I open my phone and start flipping through some pictures and go, let's look at our highlights of the day. It comes down in an instant, right? Immediately calms down breath, you know, we're breathing, breathing and we hang out and we talk. And then we talk about like once he's calm, I talk about going back to the table right before we leave though, he stood up and he looked at me and he said, dad, or he calls me Papa. He goes, Papa. He said, it really hurt my feelings when you got angry. And it really scared me when you open the door so fast. And then you grabbed my arms and you put me on the couch.

Jon Vroman:

[00:52:55](#)

This is a five-year-old, which is amazing that he was able to articulate this, but he's a really, it really is scary when you do that. And uh, me and my heart broke and I just grabbed him. And I held him and I said, I'm so sorry buddy. I said, I know everyone is scary and I don't want to make you feel bad and what your heart to hurt, right? I want to talk with you about how we can calm ourselves down, but I don't want to scare you in the process or have your heart hurt. So the next night, chip, the cell gets to the decisive, right? The next night [inaudible] having a tough time at dinner again and I say, I'm going to win this time and I pick them up from the table. We go back to the room and this time I realized I need to bring joyful energy.

Jon Vroman:

[00:53:37](#)

I need to bring better energy. I need to, I am the decisive element here. And immediately I sit with them and I hold him and I start tickling him and say, can I tickle your back? And there was so much more successful, is my point. The result of that experience so much healthier for me and for him. Most importantly, the difference of that is that I actually brought joy to a situation of being reprimanded. In other words, I was literally like, I'm going to bring him all love. He's having a difficult time. I'm not going to meet that with more anger or disappointment or frustration or shame. I'm actually going to bring joy to the situation. How can I break this pattern with joy? How can I just be a loving dad? And he responded so well to that and the rest of the night was great.

Jon Vroman:

[00:54:25](#)

So a Testament to what you're talking about in your new book and how important, I think this is for guys too. To me, Joy's not about being light or weak, right? But I think it's maybe light actually is a word that could be used to describe it, but not weak. Right. Like or fake. Right. But that you can actually, that joy to me can be such a [inaudible] powerful tool to move things. Would you agree with that? Absolutely. And you know, it's a, it's interesting because joy amongst men especially kind of gets a bad rep. yeah. Like, um, it doesn't sound super manly. Yeah. I'd say it's maybe you know, too feminine or Oh yeah, great. You know, or you know what I mean with guys, for some reason we always have to go to the masculine and the physical or whatever, which is cool. I mean that's, you know, one of the great things about being a guy, but joy is, I mean that's our birthright and again, it's the best thing that we can do and when we're being manly, when being tough.

Jon Vroman:

[00:55:30](#)

And that's actually what we're after is joy, you know, you know, or your particular word for it. So, yeah, that's, it's a tough thing as a dad, but, uh, I think that it's the best thing we can do for our family. Chip, one of my favorite things you said, and I'm going to, I wrote this in the notes, I'll put this in the notes on front row, dads.com under this episode is joy, shapes, circumstance. And to me that's one of the great takeaways today. And uh, I really appreciate it. Did I quote you correct on that? Yes. I think that's so cool, man. And I, I think the challenge I would give to the guys is just to really be thinking about to what degree do you bring joy into your family? And if somebody were, if you were walking around with a big joy meter, how would your family, right, what would be the truth of your, of your energy within your family? And, um, I know my kids could see it, feel it. They're like, dad's

Speaker 3: [00:56:24](#) not in a good mood. They can sense it and they feel confident enough to just call it out. So I think that's a really important thing for everybody to take ownership of. And to be honest about the level of joy that you might bring to situations, especially around the holidays, the specialty this time of year, that the level of joy [inaudible] to summarize things here, or is it called action? Is there anything that you want to say to the guys to either consider when we're done with this show? An action to take something to move on to from here? Yeah. You know, uh, one of the things I'd say is, again, for your life and for your family being as we're all after joy. And I asked you to consider that and run it around in your head and see if that's true for you. You know, but I think that we're all after that.

Speaker 3: [00:57:11](#) And if that's the case, and that's true, then it deserves some time and some study in some efforts, some making it happen and you know, again, consider that that's, if that's right for you. So think about ways to make yourself joyful and you'll give your family that permission to do that and give them the path to do it by you doing that yourself. And uh, I, I do have a checklist, uh, that I call the joy jump checklist and that can be found@joypractices.com. And it's just a way to do the different things that we talked about as far as active appreciation and a life philosophy that works and different things you can do is acts of kindness every day to, to help other people and just ways that you can make your life better. And gain momentum and, uh, it's just a quick little checklist. But if you do that and you do one from each of the pillars each day, then it's something that can make a really big difference in your life.

Speaker 3: [00:58:14](#) Because again, yeah, it just changes the physiology of your brain and how you, you take things and it just makes it, um, yeah. Yeah. I think it just brings a new vibrance and a texture to life when you have all of those working in clicking in, it's just wonderful. And it's again, the best thing you can do for your family is to give them the permission to do that. When can we expect a book? Oh, you know what? Uh, uh, I'm actually [inaudible] I will say by next Christmas, uh, D to be safe, but I'm actually doing a course right now beforehand and I have about a hundred people signed up to go through the initial, uh, the initial course to make sure that it works the way that I think it does. You know, I've shared it with a lot of people and it seems to have good effects, but we're doing an official scientific before and after to make sure that it works really well and then questioning the people you, what did you like? What did you not like, what was easy? What stories can people still get a spot there? Uh, you know what? If they go to joypractices.com that joins my email list. And of course you can unsubscribe.

- Jon Vroman: [00:59:22](#) I don't want anyone getting stuff that they don't want obviously, but I will give instructions on that, on how to join the joy class because it's a, yeah, I'm biased, but I think it's going to be really good. I'm excited about this. Well chip, you certainly live this out. You know, and I think about ways that I would describe you and then in the times that we've had a chance to interact and hearing other people describe who you are at your core joy is something that I think definitely wood. It's very fitting to your vibe, to your personal brand. I'm really glad we're talking about it today. I think this was a really important conversation. I mean we covered Disney, we covered gratitude, recovered joy, we shared some of our stories. And something else that you had mentioned to me that maybe we can throw into the show notes is, you know, when we were talking pre show, you mentioned that you have these 12 principles for your family and one of those has to do with joy of course.
- Jon Vroman: [01:00:17](#) Right? And so what I'd love to, maybe we can talk about those are on a future show, but at the very least I'd love to be able to throw those in our show notes so people can go check out. What are your principles for guiding your family? This has been really important to me. You know, Tucker, when he was on the show and he shared his family rules and I started even the more that I talk about this with the guys, the more I'm doing this as well. We even have like I now have travel rules for the family. Things like before we go travel, like these are our guiding principles for as a family, like how we travel as a family and most of them are coming by way of when I fail. It would be, I bet too the rules for the future.
- Jon Vroman: [01:00:56](#) But can we do that? Can we put the 12 principles on the show notes? Absolutely. I'll, I'll type them up and make sure that they're, they're good and just, yeah. Coming to this podcast and wanting to give some good actionable information. Here's some things that people could take away. So yeah, I hope that, that, that does that. Yeah. And I think that for me, I think the more that we see other people's rules, other people's guiding principles that we can, then it's easier to form our own cause we could even just take, right. Like, Hey, I love chips number three. I'm going to take that, add that verbatim, right to my family rules. No problem. Right? Why? Let's just listen to what other people are doing. Take the best ones and say, yes, that's exactly what I'm after. Take that at it and then just keep editing it through our lives.
- Jon Vroman: [01:01:39](#) Absolutely. Keep reviewing. It keeps sharing it with your family. That's also something else. You know, you talk about joy, we talk about defining it. You talk about recognizing places where it

shows up. This is a great dinner time conversation with your family. Hey guys, I'm curious, how do you define the word joy, right? Get everybody to talk about how they define the word joy. Hey, where do you see joy in our family? Where do you see joy at school? Who's the person in life that's best at demonstrating joy as you see it? Those are all questions that can spark really interesting dialogue around specific words that you bring to the dinner table you bring to the car ride, right? Sometimes I with like what do I talk

Speaker 3: [01:02:20](#) about in the car on a car, right? Long car ride with the family and I find that one of them is just like, Hey, how do you guys define this word and where do you see it in life? It's just a great, wait a sec. Conversation with your family. That's wonderful. Yes. And Hey, uh, just so you know too, don't, uh, yeah. I hope you don't beat yourself up too, too badly with the, your reaction to ocean. Yeah. The first nights or whatever because yeah, I was thinking while you're saying that as I know that this has a good end in the, and I know the lesson from it and it's great actually that he called you out on it and you saw the difference in it's, and he gets to see you being a fallible human being. Uh, so that again, makes it okay for him and that we can all redeem ourselves as well.

Speaker 3: [01:03:06](#) So, yeah. That's, that's awesome. You're just such a great dad. Yeah. Well thank you very much. I appreciate that. I have more failures than I think I should have. I have four more than I think I should have, but I'm definitely getting better. Like if I'm being honest with myself and I'm not trying to beat myself up unnecessarily, I'm definitely getting better. Yeah. Hey, last question for you, chip. What are you working on right now? What are you strengthening as a family man? What do you think needs work in your life? Wow. What needs work in our life? You know, it's interesting. I think that that we are at a super place and I'm so grateful for it and so joyful for it. And honestly, I don't think that we've ever been at a better place individually or as a family, which is wonderful. But, uh, I will say this and it's one of the 12 things I was going to put down on it is I tend to be very preachy, you know, like a C yes.

Speaker 3: [01:04:01](#) 685 page for instance. You know, uh, for, for my kids, for life lessons and something that I am working on and working towards is when I talk to my kids and I talked to my wife that I don't get preachy and that I don't tell him what to do or how to do it or come across as, you know, that I have the answer and they don't. And that's something I've heard recently and it's just really impactful. And I might've heard it from front row dads. By the way, if you're not a member, this is a fantastic organization.

And just the fact that we get to get on a riff calls and that we have the lessons, it just, it brings debt to focus. So we want to work on it and make it better in our life, you know, so just that day debts, you know, biweekly reminder that we get that from front row dads.

Speaker 3: [01:04:49](#) I love that. But I don't know if I heard it from here or elsewhere is that is the person that I talked to, do they need a heart for just listening or do they need a brain for, Hey this is a, an idea or this is how you can solve that. Which I'm crazy. I'm so readily there to give that, you know, whether it's needed or not or a hands actually helped them out or whatever. And when I yeah, I approached girls now, especially my girls. Yeah. I tried to not come from the preaching mode and decide, you know, do they just need a heart to listen? And most of the time that's what it is. And you know, as guys, we're wired to fix anything. But yeah, it's just something I tried to come to with that and try not to be too preachy, enforced my views or opinions on them.

Speaker 3: [01:05:39](#) All right. Now I know you don't want to preach, but maybe let's leave this show with one preach to us for a moment and a little tease for the 12 principles that we will put in the show notes. Which of those do you feel? Look, they're all important, right? Hard to sometimes say you had a favorite, but if there was one, do you think might be more important than the others or a Keystone principle? Leave us with one. Preach to us about one [inaudible] where we go. Yeah, if it's gotta be one that's most important, it's actually one that I stole from you and how having your talk on the podcast and that is, I love you no matter what and there's nothing you can do about it. And I, I love that phrase. There's nothing you can do about it. And that's overwhelmed. Every other piece of advice or anything out there because if something is done out of love that covers up for so many parental deficiencies because we're always coming from a good place.

Speaker 3: [01:06:41](#) So I love that. And you know, the rest of these, right, it can be pretty tactical versus just the overall war and the overall strategy of I'm going to love you no matter what. And there's nothing that you can do about that. And yeah, I think that that's where we always need to come from as a dad when our kids understand that and they understand 'em yeah. That everything that we do when we mess up, it's still from a place of love. That's a, yeah, everything gets better then. Yeah. If there is something truly magical about that phrase, because I think that it gets to the, the heart of our greatest fear is if I, if I don't do this thing, if I'm not enough, then I won't be loved. And if you're not loved, then feels like death. That's the worst, right? To not

be accepted and loved and cared for by people that you crave their love.

Speaker 3: [01:07:35](#) And so when somebody says, Hey, you can mess up as big as you want, there's nothing you're going to do real. It takes a lot of that pressure off of having to be perfect for somebody to be loved. It's a release Val. Yeah, absolutely. And you know what, I know this podcast has gone on for for a long time. Yeah. It kind of, sorry, but not sorry. But, uh, just one thing I'd like to leave you with and that is, you know, the whole foundation of joy I say, is on self love and deserving and thinking that you want it. And that's part of joy. And that's part of the legacy that you can leave with your family and let them know that they are loved and that they are deserving of the finest things in life that free. And I had a big problem with feeling that in my own life for a very long time.

Speaker 3: [01:08:20](#) And I didn't feel loved, didn't feel deserving. And I'll leave the listener with this because it's, to me, it was so powerful. And a friend talked to me, uh, about this and he said, so you don't feel deserving? And he said, you know, chip, do you love your son? You know, and I'm thinking to myself, my amazing Alex, you know, and just, just again, what a joy he is and just what a freaking light from God that child is. You know, obviously I love him and if I talk too much about him, I get emotional. So I'm gonna, you know, try not to get emotional here, but my friend says, now when he was born, did you love him? I said, of course, of course I love my son, you know, and, and this is where he, he got to it. He said, but listen, did he do anything to deserve that?

Speaker 3: [01:09:07](#) Did he accomplish anything to deserve that? Did he run a marathon or write a book or earn six figures or seven figures or a write a book that changed lives? Did he do any of that? [inaudible] deserve the love. And of course he didn't. And then my friend asked, well, chip, why are you any different? Hmm. And I mean that just stuck with me, you know? And it was more than just the conversation. It took a while. But loving yourself and yeah, again, having that joy is, is the absolute best thing you can do for yourself and for others. And it's all based on that. So as you are listening to this, and again, we're all men, we're all masculine here, but you know, loving yourself and appreciating yourself and feeling deserving and worthy, but the finest things in life, I mean that's your birthright and know I wish as you listen to this, I hope you know that you are loved and you are deserving. Chip, thanks for being on the show, man. Really great to have you here. You are absolutely welcome. We're going to do this again, I imagine. No doubt. Next December when the book comes out, baby. Yes.

Speaker 4:

[01:10:16](#)

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 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 5:

[01:11:43](#)

[inaudible].