

Tim Meuchel ([00:00](#)):

Sometimes you just have to step back and look at what you have instead of what you don't have and be grateful for what you do have. And I think everybody has something to be grateful for no matter what level they are or where they're at in life right now.

Jon Vroman ([00:15](#)):

All right, man. Let's do this. Tim, we've been looking forward to this for a while, right? This has been on the books on our calendar for quite some time, so I'm glad that we're finally pulling it off. How are things for you, man?

Tim Meuchel ([00:27](#)):

Okay. Yeah, we, we had talked, gosh, it was like maybe January or February about doing this and we all know what's going on right now. Everything's a little bit how to kill her a little bit crazy. Nobody knows what's going on. So yeah, things are just happening right now.

Jon Vroman ([00:41](#)):

How's your family?

Tim Meuchel ([00:42](#)):

Okay. Okay. We're on, we're adjusting. We're going through. Plus I got it. No three kids that are adjusting quite well too to homeschool, remote learning, distance learning, whatever you want to call it. And actually my four year old twins, it's pretty cool to sit on a video call with a bunch of four year olds and I've been doing it like three times a day. And the teachers, it's interesting because you have these, these teachers who in a classroom setting, and I don't know about you but, but I've always heard that you can be good on camera, but you can't translate that into being a good speaker necessarily. Well the teachers are doing it in the opposite direction. So they're used to standing in front of kids [inaudible] talkie and now they have to do it on camera. And I've been doing some research about some of the drawbacks to that were people or experiencing fatigue from being on zoom calls and ops and things because they don't understand there's this, there's a silence, right?

Tim Meuchel ([01:39](#)):

So when a normal cop is trying to explain to somebody other day you have a normal conversation with somebody. And very rarely are you just sitting around a table, you know, somebody goes to the bathroom, he goes and gets a drink of water or whatever that is to break that conversation up. But when you're on camera and you're staring at somebody and you're staring at yourself and there's that uncomfortable silence. I watched the teachers learn deal with that because you can imagine what, like when you coach use sports, you have this short snippet of time with these kids and if you lose them, they're gone. Yeah. And I've watched these teachers, they've become really adept at it as they're trying to learn this software that they're not, that they're learning on the fly, which has really been, it's really been neat to watch how fast people can adapt and learn, including the kids.

Jon Vroman ([02:22](#)):

So you bring up an interesting question. When you just said, uh, you know, you end up looking at yourself on camera. My question to you, Tim, is that how much time do you end up spending, if you had to say a percentage, because I catch myself looking at myself in the video. It's almost like that welfare,

like what do I do with my hands? You know? Are you able to just not look at yourself and just focus on the person or do you, do you find yourself being distracted by your own surroundings? Your own like what is my face doing? What are my hands doing? Like because you have a, a visual representation of yourself, which is not normal in a conversation.

Tim Meuchel ([02:59](#)):

Let me say, it depends on who I'm talking with in a good conversation. Like right now I'm, I'm looking at a split screen, so I'm looking at myself and you, but my eyes have not come off of you since you started talking. Cause cause I'm engaged. But if I find myself in a meeting where it's like you're starting to lose focus and somebody rambling and they're not, I might scroll through and see who's on. You're making faces at yourself. Absolutely. But when I had first started talking about doing a podcast, one of the kids that I coached at the time, it was like eight years old, her father had, had been in the radio industry for 20 years and a DJ and things like that. And also when the producing side. So there's this question that I've talk to different people about, about listening to your own content.

Tim Meuchel ([03:42](#)):

And then we were talking specifically about recorded content on an audio level, not video, but I said to him, I said, some people say that you shouldn't listen to anything. You should just record it, send it off of somebody else to take if there is a whole my, that's the worst advice ever because if you don't listen to yourself, you're your own worst critic, but you've learned these little intricacies and these quirks that you have. Like somebody might touch their nose a lot, they, they may do things that they can just be normal, but when you're in front of a group of people, it can completely take somebody's focus off. So I took that piece of advice as to one of the best pieces of advice I think I ever got to where you'd really, when you listen to your, your content, you can't control some things.

Tim Meuchel ([04:21](#)):

Like, like God gave you a voice. You can't control how your voice sounds. There's things like that, but you can absolutely control certain mannerisms that you do. So that's what I use it for. But I've, um, and I've definitely had people like, like I tend to use my hands a lot. Okay. And I've definitely had people send me a message, Hey, you talk with your hands. Yeah, I guess I did. So then the next time you're on video, you're looking at that, I'm sure you've been through some of the same thing. Did you ever try to change your voice at any age of your life? I mean, you could go back to teenager. Did you ever try to talk differently? Not really. Although there was this backstory about speaking. I did a video about it, like, gosh, three or four years ago when I was in, I was in high school and I was the captain of the baseball team.

Tim Meuchel ([05:02](#)):

We were given the coach and award at the end of the year and I grabbed Mike and I'm standing, I'm talking in front of the whole crowd. Somebody grabbed it and tried to imitate my voice. [inaudible] it really like shook me to the core. When I started, you're doing the podcast and stuff. I was, it was in California and I was, I was talking with Brenda Bouchard. I'm sure you know who printed be short is. Yeah. And talking with him maybe we were talking about, and he goes, would you had a great radio voice? I'm like, well, coming from you, I said that, forget about everything that was said back at Pikesville. Don't need to change anything anymore. So that was kind of cool. I remember there was a couple of times I intentionally tried to change my voice and I tried to change my laugh. I have a very

distinctive laugh that I have people that have had a lot of fun at the expense of my last and also my voice where I remember a couple of times, one thinking that early on thinking that Tony Robbins, it was

Jon Vroman ([05:58](#)):

successful for many reasons, including his awesome boys. Like, you know, it just sounds so awesome. And I remember one time I got sick and I was like, Oh, now this voice will help me. That scratchy. You know, what would help me in business? So I almost tried to hang onto it a little bit odd how we, I dunno for me that there's so much about like what we think makes somebody successful or what we think makes them who they are today is, yeah, I dunno. And if you think about it at the end of the day, all of those little details, that's, I guess that's the fear and that's really the, well you call that a self limiting belief or what have you that I guess that's what, that's what throws a lot of us off track. Yeah. Yeah, you're right about that. So that's a great transition because I think it's a lot to remember about how we were as kids or what kids go through and developing their identity.

Jon Vroman ([06:53](#)):

And I mean it's of course the purpose of why we're talking today because we want to be amazing fathers and not only to our own kids but in conversation with each other. So we can be great father figures to maybe lots of people's kids around the world and anybody that we come in contact with, and I'll take a quick minute to just welcome anybody that might be popping into the show here for the first time. Guys, if you're listening, and this is the front road ad podcast, I'm your host John Broman, and I got Tim Michael with me today and he's the host of the 10 factor and also something cool little fun fact. I graduated from Virginia tech. Did we talk about the fact that I grew up in Virginia? Yeah, we didn't tell you what part of Virginia Eastern and I, my dad was in the Navy, so he was in Norfolk and so I was on the beach, so I spent a lot of time in Virginia Beach, but a lot of my friends went to tech and UVA and James Madison and all those schools so, well, I never officially attended any of those schools.

Jon Vroman ([07:48](#)):

I definitely spent a lot of time on, on all those campuses and have a lot of great memories, man. From the times. Yeah, in Western Virginia. That's awesome. Yeah, I went there and then my younger sister went there six years after me. So we have, we have some family roots there for sure. How did you pick tech? Well, I knew I wanted to do engineering. Yeah. And I was in Maryland and it was, it was either Maryland, Penn state or tech. I knew I didn't want to go North. So that eliminated Penn state. Yep. So I went and looked at marijuana. I went and looked at tech and at that point it was, it was pretty easy. My decision was made. So Maryland became like my fallback school. Yeah, no, I got into tech and that's kind of where it went. That was those kinds of, it was, it was actually a pretty easy decision for me. I got into both schools, so it wasn't like I had this extraordinary, you know, stressful waiting period. But yeah. That's awesome. And then from a business perspective, I mean you created some substantial success for yourself and then ultimately decided to make a pivot and that was in 2007 right? Correct. You were in construction, large commercial construction originally. And then now, how do you describe to people what you today outside

Tim Meuchel ([08:56](#)):

of hosting a podcast? What's the one or two sentence intro of your ultimate goal professionally, what it's shifting right now? Actually back more to a niche within the construction field but but a hybrid off of what I'm going to tell you. So basically if somebody says, Hey, what do you do? So we know people lay in bed frustrated because they're one hand there, they're working and they're working like crazy. On the

other hand, they have their family and they can't figure out how to make both work. So they lay in bed stressing when they're working, if they're not around their family and when they're around their family, they're stressing, they're not providing for their family and they're in this constant hamster wheel. So I help people systemized and process or business so that you can do both effectively. That's really what I do and I've cut a niche down.

Tim Meuchel ([09:36](#)):

Now finding the, with my construction background, 20 plus years in that, that that for me is kind of a sweet spot. We're especially with coming out of what's going on now where people are just trying to learn how to do contactless work and, and things like that. Some of the things that I had done with my own company years ago, the other contracting companies are a little slow to implement. Some of those things are now becoming, you know, mandatory related to do business. So I'm uh, I'm starting to become an expert on that if you will. Let's bring that to a real practical level here also for where we stand as we record this April 29th that, what have you had to adjust with your systems at home, with your family or with your business as it relates to your family since covert hit? How have you changed your systems since that's the area where you fine your zone of genius?

Tim Meuchel ([10:31](#)):

So the biggest change for me right now is available hours because everything that I've done, and I've done this for since my oldest daughter was born 11 years ago, I've always scheduled personal first, which is how I was able to coach the sports all those years and voices from things. So when I lay my calendar out, I lay everything out on my calendar around the personal things that I consider to be. There's things that are not negotiables and then there's things that you wanted to do that may have to adjust. And then I worked at business into that. Well my non negotiables now has become much more condensed, compressed on my schedule. There was a lot more time that I have to spend. I'm doing what the teachers would have been doing or whatever before working with, with that environment plus the extracurricular activities or not taking place right now.

Tim Meuchel ([11:23](#)):

So that's part of what's changed. The other thing that's changed is like my exercise routine, the gyms are closed, all of that. I'm finding myself now, I'm walking, but my knees not been acting the way it should, so I'm not running them just walking, which means I got to do a lot of walking into accomplish what I can accomplish in a gym, which I'm finding is helping me up here. So there's, there's all these things moving around. But at the end of the day, what I've done is I've cut out so more business activities that I feel like going forward right now there are areas I can give tangible, practical, ethical advice to people. And there are areas where I can, because there's a lot of unknowns. So I am more inclined now to not lead somebody down a rabbit hole based on some assumption that I think what might happen with business six months from now. So it's more about figuring out the backends, where's your numbers? Where's your breakevens, what are people going to need coming out of that? How can, like I talked about niching down, how can you niche down with in your business? I'm doing a lot of that within my own business right now as well.

Jon Vroman ([12:26](#)):

[inaudible] yeah. And with all this change that you've experienced, is there anything that's shocked you, you know, during this whole thing, was all of it predictable? Like if you go back four weeks, right? Is there anything that you're like, damn, I didn't see that coming. As it relates to all the shifting.

Tim Meuchel ([12:41](#)):

The biggest shock to me is seeing the true colors of people come out on social media and I can say that, and I just told somebody this this morning, there's a lot of people that I've lost a lot of respect for in the last month who have become very vocal about things that that you say you look at a professional athlete for example, a professional athlete has a following, so does an entrepreneur that's out there doing a podcast or anything else. You have people that are listening to what you say and so you have a responsibility as a result of that. So I feel like anything that I put out there that's not bedded information, that's a theory or whatever, but somebody else may take and and run with it can be irresponsible. I see a lot of that going on right now.

Jon Vroman ([13:32](#)):

Balance that between just free speech that Hey, some of us just think out loud and Hey, if you don't like the message, just turn off the station type of deal. Like, how do you balance those two things? Cause I, I'm not saying I disagree, I'm holding space for the curiosity of both. Hey, I want to be able to say whatever I want to say. And it's your job to process that at the same time. Of course I should be responsible with my words. I mean they, you know, it's been said words create worlds. So how do you see those?

Tim Meuchel ([14:01](#)):

I see some people that are saying exactly what you just said. Hey, I'm not an expert. This is my opinion. If you don't like me on follow me, this and that. I've seen that and I respect that. I've seen other people who are just posting news articles from whatever side they choose to think is putting out the story that they want to see. Yeah. So they could be potentially taking somebody. So I see that more being more politically motivated where, where they're just there, they're saying they're not political, but they could do you need to post articles to one side or the other. And then I see some people who are coming right out there and saying, Hey, we have a system that we can, we can tell you coming out of Courbet exactly how you can rebuild your business. And I see that I'm going, wow, that's, that's pretty awesome because nobody knows what the heck's going to be like coming out of Qubit.

Tim Meuchel ([14:50](#)):

How can you, how can you be? But they're already selling it. Yeah. And that to me is, is kind of scary because it's just like, I actually looked back at my book and I and my, my 10 month system, somebody asked me the other day, they said, it said, is that still valid? And I said, absolutely. Because one of the first steps in my, my book is going through and and analyzing like what are the jurisdictional requirements on a, on a regulatory level and things like that for your business. And it's a bunch of blank space for you that you have to do the research and fill in because it's different for everybody. So somebody who I went through a program before, I could go back and start over. At the end of this thing, knowing well it was new and going to be the new requirements and they could go back and they could tweak what they did before and they could spit out the end of it, a modified model.

Tim Meuchel ([15:37](#)):

So, and I, and I did that on purpose when I wrote the book, I watched a, an interview with MJ DeMarco a few years ago. [inaudible] one of the things he said his he millionaire Fastlane yeah. Yeah. And when he wrote that book, it's like a 500 page book. It took him years to write and the only nugget I picked out of the whole interview was that he wanted the book to be timeless. Hmm. And I hadn't launched my book yet and I went back and I actually, I want to do one more reread before I put it out. And I went back and

as I read it, I kept saying timeless, timeless, timeless. [inaudible] that for me has been something that I've always, I wanted to do, cause I didn't want to have a book that somebody, Oh, that was published that year. So it was invalid the next year, which I like what you do.

Tim Meuchel ([16:17](#)):

A lot of what you're talking about, like how to be with like how dads can be stand up guys. Yeah. It doesn't change. I mean the basic core is still the same. You may use different systems, but that's kind of the same philosophy. Yeah. Speaking of timeless principles, right? Let's translate that to kids directly into our families. How old are your kids again? My twins are four and my oldest daughter's 11 yeah. So when you look at your, let's say 11 years now that you've had as a father, what do you think are the things that you've done that you're like, I'm so glad I did that, and what do you look at right now and say, Hey, if I could go back and do it again, these are the things I would change. So what's timeless that you're like, man, I really nailed that.

Tim Meuchel ([16:57](#)):

I think that'll create a lasting impact. And if I could go back and do this again, what would you change? So every family is going to go through adversities. [inaudible] the ones that tell you they're not, or they're either lying to you and are keeping it under the roof or they have, it hasn't hit them yet, so I used to, we used to talk about it and say about every decade or so every family is going to go through a pretty major adversity, and then I got called out on that by one of my clients who said, I disagree. It's much more often than that. I said, okay, fair enough. So then I started really thinking, I was like, okay, what depends on how far you can go? Like are you talking to the extended family? What do you concern? Adversity. Diversity is different. Everybody's definition of adversity is a little bit unique.

Tim Meuchel ([17:40](#)):

But anyway, the thing that in those years as we've been through, you know, we've been through deaths, we've been through crazy stuff, illnesses, there's been issues, there's all these different things that every family tends to go through. How am I kids see me go through those scenarios and maintain my main core character beliefs, things like that I think is probably one of the biggest values that I've instilled in them. Who I am is who I am like it or not. Go back to the comment before about if you don't like what I say on follow me. Kind of like that. So that would be the one thing that I've, I've instilled in them and the other one, and we've talked a lot about this recently, is there are certain things you can't predict the future and the more you plan, sometimes the more you get frustrated or that you have to plan.

Tim Meuchel ([18:30](#)):

It's not always going to lay out exactly the way you think it's going to. But we, we have a lot of conversations about like for example, if you want to do something at a high school level when you're 10 years old and you've got your heart set, I don't want it, don't do [inaudible] stupid now. That's going to cut your ability to do that down the road. As in, yeah, don't go fail all your math classes. If you want to do something in math, for example, and I feel like as a parent there is like a fine line where you can explain that to the kid, but some parents will jump in and they'll actually do what they need to do for the kid to make sure that they don't have that failure down the road. And I think I've taught them that there's a point where we're going to talk about it and we're gonna explain it, but then you actually got to do the work because I think that translates into how life works as well.

Tim Meuchel ([19:19](#)):

So if somebody asks your 11 year old like, Hey, what's the most, what is your dad taught you? That is the most valuable lesson or whatever term would be applicable to your 11 year old, right? Just what did you learn from dad? What do you think they would say? I think it would have to be that the character thing of belches always, always shown up. Yeah. Showing up is huge. Right? And this is such a great time for us to show people what that looks like. Yeah. I had a guest on recently on the show and she said, values aren't taught, they're caught. And I thought that was so good. That's good. Yeah. They just, it's oftentimes it's the things they see the most within their parents, which both inspires me and scares the shit out of me at the same time.

Tim Meuchel ([20:07](#)):

You know what we've been doing, we've been watching. It's interesting because with this whole like dynamic of time, what I've been doing in a normal fast paced life involved in extracurricular activities and work and homework and you know, you name it, our days are very busy. Yeah. As a general rule, right? There's not many days where you say, what am I going to do? It's more like how am I going to do it? Right. So what's happens now is we've experienced something that you and I probably experienced as children, which is boredom, which I think a lot of kids don't know how to deal with [inaudible]. What we've done here is when my younger ones go to bed, but spending time with them, you order one at night and we've been, we've doing a lot of talking like sitting around drinking tea at the counter and having a late night snack or whatever, but also watching some movies I have a real message to them.

Tim Meuchel ([20:57](#)):

Mm. And what instant family is a good one that we've been into right now. We've really been into that when we watched it and then we talk about what comes out of it. So in terms of you watched the movie and then you, you actually, you create a conversation about it, which has been so cool to see. Like you're sitting on the same couch, you're watching it at the same time, but not everybody hears the same thing. That said, of course you're hearing on what whatever level you're you're at. And then to take the two points of view and realize that you may hear it differently, you may process it differently, but ultimately when you see the same thing, it's like boom. It's like we're on the same page and we've had a lot of that happen, which has really been cool because I think it develops the trust, you know, that, that that's the validation coming full circle.

Tim Meuchel ([21:50](#)):

But those, like you said to do is I say not as I do. It's really more like you're going to do what I do, not what I say. Yeah. You see that you're, hopefully what you were doing and showing all those years is coming to fruition. So that's kind of neat. I said to tiger tigers, 10 oceans five right? So just to set this up for anybody who's listening and hasn't heard me rant about my family, but I said to tiger not too long ago, and this has happened in multiple times over the past couple of years. So people have heard me say this, but, and he said it in different ways. This is, this is what happens. I say something to tiger, like, don't talk to your brother like that. And he responds by saying, well, that's how you talk to me.

Tim Meuchel ([22:31](#)):

Ah, or that age too. Or sometimes he'll talk to his mom. In a way that I want to say like don't talk to your mom, like you hear me talk to your mom only I'm allowed to talk to you on that. Yeah, we definitely have a, I mean, of course I don't mean it. Of course I'm embarrassed. Of course. Seeing myself show up in a way that I'm like being held. There's a mirror being held up to me and it's a, it's a massive, should I choose to accept it as such, which I do as a growth opportunity that I needed to. Gosh, I didn't know I

sounded like that, but there we go. Sometimes we have to take a step back and right now is an ideal time because in general across the country, people are spending an exorbitant amount of time with their immediate family. Totally. And I've, I've heard all kinds of stories about it, but I mean for me it's, I mean it's been incredible. Like, I mean I see a lot of positive. I mean obviously there's the negative side of it, which we could go on and on about it, but I see a lot of positives but not everybody's having that same experience. You can see that people are just, that's upsetting.

Tim Meuchel ([23:42](#)):

Alright guys, I want to take just a quick second to talk about something really important now and know you're listening

Jon Vroman ([23:46](#)):

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. First I want to send you a recording from a masterclass that I recorded with my good friend and author of the miracle morning. How 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 mind blowing conversation that I had with a woman named Kevin NAMI and the show is titled have better sex, hugely popular.

Jon Vroman ([24:29](#)):

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 ([25:12](#)):

Full spectrum, man. I've had people ask me how I'm doing. I said this has been the best couple of weeks ever. You know, I'm so grateful. I've heard that from other people. I say that with total respect for what you just said to him and you know, to honor the people, like we, we know that the numbers of child abuse cases are, are up, spousal abuse cases are up. If you're stuck in the house with somebody that has a drinking problem that lost their job, that you know is angry and can't go outside and can't get to the gym or can't do other stuff, and you're right there to have them take it out on you, like that's a real challenge. So I think this is amplifying a lot within families. And I think it's that when you're in close proximity, friction creates some more than it creates some fires.

Jon Vroman ([25:54](#)):

And that really scares me. Like coming out of this there, there's, there's a whole, you know, another layer to this and a lot of what I do with people is like something so simple as somebody else I'm struggling with, right. I'm up all night thinking about this or that having to do business. And it'll be a

simple question like, well, do you read your emails last at night before you go to bed or do something else? And they make like this minor tweak and it changes things and it's not, I'm smarter than anybody else. It's really just getting them to in their own mind process what they do, which could be triggering something [inaudible] I think a lot of people over the years, me included, I'm sure you included as well, have figured out whatever coping mechanisms worked for you to get through life. Right. And like going to the gym or whatever is sauna

Tim Meuchel ([26:44](#)):

for me. Yeah. Will you take that away? [inaudible] you have somebody who's, who's like just like right there hanging on. They go, well this is what I needed in order to, to do life. And you say, okay, well I'm going to pull that back now and I'm not going to give that to you anymore or not let you use it. That's gotta be brutal on some people. Yeah. But I know what happened to me when this first happened. I went on a run and my knee tweaked and I was like, you gotta be kidding me. The gym just closed yesterday and now I tweaked my knee so ice in my knee and I'm doing all this. And I'm like, all right, I'm just going to, I'm going to walk. And I've been able to pivot with that. Yeah. Not everybody can do that because like if you get massages, maybe you can't do that, or maybe the song was closed, so it's not as easy.

Tim Meuchel ([27:28](#)):

It's, it's definitely a challenge for everybody. Tim, I want to go back. I want to go back to this thread that you opened up with the instant family movie, and I'm a big fan of movies. I love watching movies with my kids without my kids. Like I just love films in general. I'm curious as to what did you get from that movie? Because like I get it, there's always, there's some great lessons in these films that help us be better or help us connect with our families. What did you get from that film? Why was that good? Okay, so, and I'm going to try not to spoil it for anybody that hasn't seen it. So the dynamic is, it's, it's a foster family speak freely. 10 people can skip ahead a minute. Fair enough. Fair enough. It's a family with no children that are hitting like that 40 year cusp [inaudible] they end up deciding that, you know, we're going to, we're going to foster a child.

Tim Meuchel ([28:17](#)):

They end up instead of one child, they end up with a family of three kids. Yeah. So they go from no kids do or you know, the two of them to a house at five all at once. I connected because they did remodeling and they fixed houses up and sell them and stuff. So it kind of was a connection to what I do with my business. So that was kind of cool. But what I picked up was the dynamic between the husband and wife and my daughter picked up on it as well. So where one would basically have great ideas, which, which would be her and then he would come in and he was kind of like the calming presence. So she didn't necessarily see an idea all the way through to the end. But she would definitely, she's like put the foot in the mouth, kind of a person.

Tim Meuchel ([29:00](#)):

He's like, I'm going to figure out how to take it out. So there was definitely that dynamic with them, including with how they dealt with the children in terms of she would get fly off the handle and he would try to calm him down or whatever. Not that he didn't have emotions, he just would be the calming presence in that dynamic. And then the other one was the, the relation between the 15 year old and her two younger siblings where she was by virtue of being in a broken house, you know, dysfunctional families growing up. She had been forced to take on a motherly role with the younger

siblings and then she moved into a house where there was somebody else that wanted to take on that motherly role and it was a little bit of this going on between the two of them. So the

Jon Vroman ([29:42](#)):

the parents, I had to learn how to give that 15 year old space to be a parent and respect her relationship with the younger kids understanding she still wasn't really ready to be a parent. So there was this whole dynamic of, and we have some of the same stuff in our house because we'll be sitting at the table and one of the younger ones, they'll do something. My older dog, they'll say, well wait a minute here, I'm sitting right here. You don't need to jump in and do this. So we, we go through it. We see a lot of those same similarities and one of the best scenes in the movie, which is, this is the spoiler part, is, is when they decide that they're going to not give the younger girl something she wants to eat and they're going to just like play hard with her and it's just like a huge eruption at the table. And finally the 15 year old says, okay, so do you want me to step in and handle it now or not?

Jon Vroman ([30:39](#)):

Every time that happens we just sit there and we smile because it's like, that's so real life. So the message is we want to be in control, we want to be the person, but it every family and every dynamic, sometimes being a leader is about stepping back and letting somebody else come in and take, do the work. If that makes more sense. So being a leader doesn't mean being in control all the time in the sense that some people think so that that's probably the message in a long wraparound way. Yeah. When leaders need to step up back. Yeah. That's an interesting one to consider. Just how that, so it was like, I want to breathe into that for a second of like, where in my life do I need to just take a step? Okay. Because I want to think I'm not a big control freak, but then sometimes I look at how I act or behave and I'm like, I'm totally a control freak.

Jon Vroman ([31:30](#)):

Like I'm the epitome of a control freak at times. What we'll you've heard the expression to check your ego at the door and that's kind of what it is. It's sometimes, well I guess it's not like there's many ways to skin a cat kind of a thing. Yeah. Your way is not always the right way. Yeah. Sometimes I, I realized that for me specifically at night, if dinner's at like six and then we start getting the kids ready at seven and I can walk out of their room by eight I'm super patient and calm and chill. We read books, I took all their backside like it's the whole thing, right? And it all works. But if we have dinner at seven and then eight o'clock they walk upstairs and I'm feeling like this is terrible because I'm not going to get any meantime. I'm not going to get any touchy on the time.

Jon Vroman ([32:11](#)):

Like they're going to be sleeping by nine and then I'm going to want to like not be, we have no hang time. We just get like, we miss our hang time, I start to get resentful, I start to get controlling with the kids. I get to start very, very quick with them. You know about like just do this, you know, like stop. And it's crazy. Like I hear myself sometimes I'm like, stop playing with your brother and brush your teeth. Right. That's like the way I say it too. And I think about myself, my gosh, this is, yep. Playing, he's literally playing with his brother. Some people are trying to figure out how to get their kids to play together and I'm going to stop having fun. Stop enjoying your life. Stop. I can relate. So this is pretty funny. So with an age gap, we have kind of a staggering bedtime.

Jon Vroman ([33:02](#)):

So, and you know how it is with little kids. Anything anyone said there's no thirsty or a person on the planet than a kid who's about to go to bed? Absolutely. I could. I could attest to that. So a couple of nights ago, you know, I hear this daddy, daddy, and I'm like, you got it. I'm looking at my watch. I'm like, okay, what's going on? I go in there and ALA is my oldest. It's like something's going on in her room and her closet wall and his bed. Oh buddy, it's a shared wall because something's going on in her room. And I said, no, I think she's, she's a nurse. She's quiet, she's making noise. Something's going on. Obviously you're supposed to be asleep. I walked in her room and she's sitting on the floor and she had completely emptied her closet out and she was reorganized in her closet.

Jon Vroman ([33:49](#)):

I looked at her, I said, I looked at my watch. I said, do you know what time it is? I just said, I can't hear you, but your brother can give it 10 minutes. You go right back to it. And it was just so funny because it's like anything they can find. I mean, she, I mean it was, it was like you probably couldn't hear a peep, so maybe she scratched the wall one time with a hanger or something and he just drill down on it. It's like the water, you said, you know, one thing I've been wrestling with lately is that my boys, one of my 10 year old wants to read now, so they go to bed together, they share a room. My 10 year old, my five year old, they share a room and they go to bed at the same time, and my 10 year old wants to stay up and read and it's kind of a pain in the butt because if he stays up and he keeps the light on, then the five-year-old doesn't want to go to bed because the five-year-old's like, well, big brother, if he's not going to go to bed, I'm not going to go to bed.

Jon Vroman ([34:39](#)):

And then if he doesn't go to bed, then he comes out like eight times. But if they both turn off the light, then it's done. Right. Wow. There's this part of me that's like, no, this is bedtime. You got to go. And then there's this other, I'm thinking to myself, my 10 year old wants to read and I'm telling him no, I should be totally letting him read as long as he wants, if that's what he wants to do. Right. So how do you balance that? Giving your kids freedom to follow their passions, do what they want to do. I mean, look, when I want to stay up late, I want to stay up late. I get it. Like I want to, I want to be in control of my life. I want to be able to change the schedule when I feel inspired to do so. And that there's an age when I want to encourage my son to do the same thing. Follow your heart. Like find out what it means to stay up late and be tired the next day and like learn all these things. How do you balance wanting to just be convenient? Because really what I'm getting at Tim is this is a convenience thing for me. I don't want to be inconvenienced, right. Versus like wanting to nurture their passions. Okay. With me,

Tim Meuchel ([35:38](#)):

I figured this out more coaching youth sports than I did with my kids. And what I figured out there really early on when these kids were like, you have five, six years old and it's something I always knew, which is kind of like clicked at that point. Everybody learns differently, right? People consume information differently. So what we do on the business end is very much the same with dealing with children. So it is teaching, the kid had to do a fundamental footwork, whatever it is. I might be able to take one kid and show him one time and they go do it and another one, I might have to break it down to all these many steps. [inaudible] you can't teach the kid that's really good quickly and teach the other one really slowly without making the the one that's learning slowly feel inferior. There's this kind of an art to that.

Tim Meuchel ([36:34](#)):

So, so you kinda like meld the two together. So I learned how to let them feed off of each other. So maybe the one who's better, maybe learning while they're actually teaching the other one, if that makes sense. It's kind of like, it's, it's just kind of a like a field thing. But with the kids, I have to tell myself sometimes that I'm their parent, not their friend. [inaudible] that's where the convenience peace, there's like a boundary. So what I would do, like with, with the reading for example, cause we go through the same thing where there's, there's, there's always a question of, okay, it's bedtime. So does bedtime mean your eyes are closed and you're snoring? Where does bedtime and you're laying quietly or does bedtime mean your lights are out? What is the definition of bedtime? So I think the first thing is, is defining what is bedtime.

Tim Meuchel ([37:22](#)):

Hmm. And then maybe, maybe there's like a cue to that where, okay, so maybe your, your older son goes into the room 15 minutes earlier and reads while your younger son is brushing his teeth or something. That's the things that we've had to do. We did one in here in our house because we were having a similar issue with my older daughter's cell phone. So w what I do is at night, cell phone comes to me and it goes in in the room and she gets it back in the morning and that eliminates all of the, yeah, the late night stuff. Some of the kids get into, so we were, we were doing like a handoff where everybody was kinda like passing in the hallway almost. And I said to her, I said, if you give me your cell phone 15 minutes earlier, I know it's going to suck.

Tim Meuchel ([38:07](#)):

But if you give it to me 15 minutes earlier, then you go into your room, you leave the light on, you shut the door, you'd be quiet. We can put your brother and sister to bed and then they're going to fall asleep and then you can come out because you're, you, you don't need as much sleep as everyone on a little bit different schedule. You've got to sacrifice that 15 minutes to get the payoff on the back end. And she was like very upset when I said that and we did it. I said, give me like two or three days and now it's, it's worked really, really well. We, we've been doing it for like, I don't know, six weeks. So that was a little tweak that we made were, I guess we both gave a little bit, but ultimately what she saw was a result on the back side where if she interrupts their bedtime and starts doing all these weird things that, and so then I'm going in there and going to sleep.

Tim Meuchel ([38:54](#)):

Like you said, your younger son [inaudible] once it's interrupted, it's Hey, get me a drink or this and that. We've kind of cut that out and it's really worked. Now you asked me that three weeks from now I might say, well that plan is out the door. So I guess that's the other part is you gotta be fluid because it doesn't always work and you learn that what worked with your older kid doesn't work with your younger kid. And even with my twins, it's even with the two of them, there's different personalities and that's what makes them unique. And that goes back to your whole thing about letting them be their own person. Yeah. So there is a point, Kim, you know lots of people, man, you probably know lots of dads. I don't know that for a fact, but I'm guessing. And when you think about the other dads out there that you know, and I know you're a type of guy who's open to learning from other people too, right?

Tim Meuchel ([39:37](#)):

I think that's a great leader. Somebody who listens to their own inner wisdom and guidance, but then also looks around for the models and the systems they can copy, edit, [inaudible], paste into their lives. Right. So what do you see when you look around, think of one thing, one person, one idea that you've

taken from another dad that you've noticed in another father, somebody that you've been exposed to that you think is just world class being a family man. What is it you've taken from somebody else over the years? Who could you give a shout out to if you will, you know, and acknowledged for their, for their work as a dad, I got to hit my dad I guess because that's the first one that pops in my head. But, so we know even as adults and you know, it's, it's myself and my two sisters and we're all, you know, successful in our, our own ways.

Tim Meuchel ([40:25](#)):

You don't have our own families and those things, but we know that we could pick the phone up, but any moment and make a phone call or send a text message or an email or whatever and we'll always be available. So I guess the, I hear so many people say on my dad, I can't wait until my kid's 18 and that just pains me when I hear that. Agreed. Yeah, because you're always a dad and, and that's, I think what you take from them and that's, yeah. When you're a dad, you don't sign, it's not like there's an expiration date on this. What's something that your dad taught you or something that he just, you know, maybe it was something that he did in general that you're just so appreciative of. I know I'm sure there's many to choose from, but what's something that you loved about your dad and you know, maybe wanted to carry forward into your life as a dad?

Tim Meuchel ([41:13](#)):

That's such a hard question cause there's so many different things, but I mean ultimately that I think the definition of family has really become a stranger in recent years. I think this whole pandemic we're going through right now is a lot of people are realizing that they didn't understand what their family really meant to all be together. And so just that the core of what family is, regardless of whether it's blended or whether there's, there's different races or whatever it is, the core definition of what a family is still needs to be there in some facet. And that continues and as your family grows and evolves, you still become the patriarch of that family and it grows out from there and they're still looking up just like they're looking down. So you always are a role model no matter how far you removed from the day to day life.

Tim Meuchel ([41:59](#)):

And I think that's really important. Tim, thanks for being with me today man. This has been a lot of fun. I'll give you the final word. Anything else that you want to say to the guys? Anything that was just not said, but we want to get it out there, man, the floor is yours. If there's anything you want to add. Well, I think this has been such a cool conversation. Oh, coming from so many different angles. I don't have a whole lot to add. Like any great words to wisdom other than life is messy. Life is hard. And sometimes you just have to step back and look at what you have instead of what you don't have and be grateful for what you do have. And I think everybody has something to be grateful for no matter what level they are or where they're at in life right now.

Tim Meuchel ([42:38](#)):

It's a great reminder, man. Tim, where's the best place to say Hey to you? If a guy wanted to thank you for this show, how could he get in contact with you? Easiest place is just go right to the 10 factor.com so that's T H E the number one zero F a C T O r.com. Cool. And we'll uh, we'll link to everything over at [inaudible] dot com guys and Sam, thanks again man for being here. Glad that we are getting to know each other a little bit and grateful for the work that you've done within your family and now helping

other guys too. Just have rich conversations, man, so that we can just learn from and with each other. So appreciate you being here dude. Absolutely. I appreciate what you're doing as well. Thanks John.

Speaker 3 ([43:15](#)):

Hey guys, if you haven't already done so, go right now to [front row ads.com/facebook](https://frontrowdads.com/facebook) enjoying 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](https://frontrowdads.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](https://frontrowdads.com/facebook) and join the conversation. I'll look forward to connecting with you there. [inaudible].