

Tyler Dickerhoof ([00:00:02](#)):

Gentlemen, welcome to the front road, dad, bod guest, while it's common to hear men say family first, most guys are working long hours and finding it really difficult to juggle all the priorities on this show. You're going to hear unscripted conversations with guys who are as committed to winning at home as they are to winning at work each week, we're going to share a new conversation, digging into the strengths and the struggles of guys, just like you and me to help us level up our dad game, strengthen our marriage, succeed in business and stay healthy along the way. If you're new to the show, I'm John Broman, married to the free spirit known as Tatyana father of two boys tiger and ocean and living in Austin, Texas, let's get right into our next conversation.

Tyler Dickerhoof ([00:00:47](#)):

Where do you feel is your genius zone right now as a dad? If there was one thing you want to tell the world, what is it and how do we make sure we get there? Well, I'll worry about how we get there, but what is the one thing I think it is to do this, to help my children find a way to stand on my shoulders. And that's very individual based and that's, that's what makes it hard. You know, my kids are 13 year old girl, a 12 year old boy and a 10 year old boy. And my 12 year old is my 12 year old nor I are like clumps in the way we think the way we act. And so it's easy for me to do that for him and IC, like he brought up last night, my 12 year old daughter, my 13 year old daughter.

Tyler Dickerhoof ([00:01:32](#)):

It's a little harder one because it's a girl too, because it's just finding those ways to impact her. And she's at that age to where she wants to push back as much as she wants to get close. And then there's my 10 year old son who is, he is the male version of my wife. And so I learned a lot about my wife from him, but yet that also creates this little bit of like tension in our relationship because I don't inherently, I can look at my older son and he can look at me and I already know what he's thinking, what he's gonna say and what he's going to do, because I just same personality. My youngest son is he's just a totally different, he's a wildly creative person. He is, you know, loves to play by himself. And it's harder for me to connect and relate.

Tyler Dickerhoof ([00:02:25](#)):

And so as I bring that up, I feel like my role is to I'll share this. One of my mentors is probably his meant more to my life in the last two years than any other person. And that is John Maxwell. And I've gotten to spend a lot of time with him, listen to him a lot. And his father just passed away on July 4th. And you know, as I was thinking about that and hearing John talk about it, and I've been thinking about this myself, it's like what lessons my dad's still living and what things can I go back and say, man, those are lessons. My dad taught. And my dad's a great guy. He's always been there. He's, you know, tried as hard as he works hard, but I can't sit here and say, there's been a, a life altering lesson that I feel like I've learned from my dad and that's not to take away from him.

Tyler Dickerhoof ([00:03:13](#)):

That's just, it's not coming out from me. And when I listened to John Maxwell and he's right now recounting his dad's 98 years and eight months and the impact he made on John. And then I served vagina. I'm very thankful for your dad because the impact he's made on me and my kids. And you know, when I listened to John and all the lessons he's learned my hope and desire is that at some point my children or my grandchildren can look back and say, Hey, I'm thankful for those lessons that I learned from my dad and my grandfather. And I can already see that happening in my oldest son's life. And that

makes me a little bit feel guilty because I'm not having that same impact directly that I know on my daughter or my youngest son. And so in part of context, let me give some context to that.

Tyler Dickerhoof ([00:04:03](#)):

And we're going off on a wild tangent here, John, I don't know if you expect that, but my oldest son plays a lot of soccer. I grew up playing soccer. I coached him for many years and now I support his blog, do a lot of leadership stuff with them. And you know, so he and I spent a lot of time driving and any given week, like this week, we'll spend over three hours driving. And what we do during that time is listening to books. We've listened to think and grow rich. We've listened to how to win friends and influence people. Right now. We've gone through in the last week, we have gone through each of Bob golf's books, at least once, if not, twice into my son's favorite author. And you know, as I'm stomping and I'm thinking of my, my son even last night and we're people of faith and have a spiritual relationship, it goes to me is like, this is a 12 year old son, 12 year old boy that I don't remember what you were thinking about when you were 12, but this is what he says to me.

Tyler Dickerhoof ([00:04:56](#)):

He goes, daddy, it was talking about some song where, you know, here's God whispered to him. He's like, God, how do you hear God? I'm like, well, you know, for me, and this was probably something I only probably figured out maybe eight, 10 years ago is I feel kind of tingly. I feel like his spirit when he's, you know, I feel tingling. He goes, Oh, and I said, how about you? And he goes, well, I kind of feel like, you know, my knees go weak and my body goes weak. I'm like, okay. And he goes, well, when did you hear that? And he goes, well, tonight at practice, my coach was talking about our team and needing someone to step up and leap. And last year we got to a point where we needed to some step up and leap and he goes, I felt that then I'm like, so what do you think about that?

Tyler Dickerhoof ([00:05:38](#)):

He goes, well, I probably need to step up and lead. And you know, so there's an experience I had with my 12 year old son that I know is making an impact in his life and not because of necessarily things that I'm saying, but the, the conversations we're able to have based upon the stuff that I'm exposing him to. And, you know, when I stop and think about the time that I get to have with my daughter, I don't have that with her. And you know, so I need to create that. And then my younger son who, you know, we don't have that exact same time and he doesn't have the pension for learning. So it's, how can I be an impact in their lives? So I can have the same kind of fatherly impact across the three where I can sit here and say, Hey, you know, you guys were able to stand on my shoulders and be able to accomplish things that you didn't think you possibly could in comparison, based upon the experiences that your mom and I gave you. So to go back to answer your initial question as a father, that's what I really hope is that at some point my children, my grandchildren can sit there and say, Hey, these are the lessons that we learned that we were taught by our dad, grandfather, whatever.

Jon Vroman ([00:06:46](#)):

Hmm. I know Maxwell was been so influential in your life, but when you go back, you know, years and years and years, who are the people that show up for you that come to mind, father's father figures, you know, people in your life that were relatives, people that, or perhaps in the world of faith that you, and I don't know if you grew up in that world or not, that's me, I'm assuming. But,

Tyler Dickerhoof ([00:07:08](#)):

So I grew up in a Christian home, one person that probably had as much impact on me besides my father was, I grew up on a dairy farm. I grew up on a farm in Northeast Ohio. What's funny is, you know, as John, I got to know each other last couple years and we're talking on the phone and in the number of like mutual contexts, I grew up in where he grew up or within a few miles. And the people, he went to college with some of my grade school, best friends and, you know, so it was just kind of random, but yeah, Northeast, Ohio farm kid, and I had a desire to be a veterinarian. And I thought I was going to be a veterinarian. I even started college and I was, you know, pre vet. And that didn't last long. But part of that is I shadowed our veterinarian that serviced our farm.

Tyler Dickerhoof ([00:07:54](#)):

And so starting at the, like the age of eight or nine and probably one Saturday a month for a good 10 years, I'd go and spend time with them. And I would just kind of, he would mentor me, he taught me and it was in now looking back and how amazing that relationship was. Here's a guy who had three kids of his own, and here's this young kid who was at that 0.9, 10 years old starting. And he was willing to take me one week a month, one Saturday month to go ride around with it and just shadowing and you know, the impact to you on my life. And here's, what's funny is, you know, he exposed me to rush Limbaugh and this isn't to get into a political rant, but it was just like those worlds that was outside of the world, but I was kind of exposed to.

Tyler Dickerhoof ([00:08:39](#)):

And so he had a pretty big impact on my life. And you know, now I've been able to go back to him and, you know, as I've gotten older and share that stuff with them and how important he was. And, you know, I can remember, as you say, new people, I had an impact. One of the things that probably had the biggest on my life, both in a tragic way, but also a formative way was when I was 14 years old, I had a younger brother that died in a farming accident. I was 14, he was three. And I ran over. And from that experience, I've learned since learned that how I dealt with tragedy, how I dealt with trauma, how I dealt with anything difficult was put my head down and push. I mentioned you, I'm an anagram eight. I can be an intense, passionate person.

Tyler Dickerhoof ([00:09:20](#)):

And, you know, so I can put blinders on and just push. And as I've learned now into my forties, that usually pushes people away. And I had to learn how to back off and let people in. But I can, you know, as you ask the question who was formative in my life and this family friend, this veterinarian, his name was Jim, he was one of the first people that came to visit us like the next day, the day that it happened. And I can even still remember him coming in that, that relationship we had, here's this 14 year old boy with this other like mentor figure. He was almost a father figure. And it was just kind of like, as I stop and think about it now, dude, that's probably, I look at my son and his soccer coach who has a huge impact on his life.

Tyler Dickerhoof ([00:10:07](#)):

And I think that's very, very important us as dads, not to keep our children from that because I think that's important modeling. And now you have to, I think as dad, you need to be very careful about the people, you know, your kids spend time with, but yet, you know, some of your close friends, my close friends, whether my brother or, you know, like my son's soccer coach, I kind of, I looked really, really hard because of here's a guy that's going to have six to 10 hours a week influence on my son. I really want to make sure that they're influencing them for good value. And I stop. And I think back about, you

know, the person in my life, you had that impact. And now I think about my children that same way. I think that's a huge responsibility that we can't take lightly because I don't know about you, but, you know, sometimes I didn't necessarily want to hear what my dad had to say.

Tyler Dickerhoof ([00:10:57](#)):

My parents had to say, but yet I was able to hear it from someone else in a totally different way. And I think that's really important as a doubt and not feel like, Oh, I have to be that everything, but understand that it can happen within a tribe. It can happen with, with others that can make that impact. And unfortunate now that you know, my children have gotten exposed to John Maxwell in his entire world of people and you know, where they're exposed to. And that's just an extension of some of the values that I hold on to. So

Jon Vroman ([00:11:28](#)):

Man, thank you for sharing all that man. And including what happened to your younger brother, man, that's a, I can only imagine how, how painful that was and then, and all the different ways that that may have shaped you and it impacted your family. What did you learn about forgiveness and overcoming tragedy through that process? Because I immediately, my heart went to how many times I've made a mistake and we can, you know, mistakes on quite a scale right. Of how we might view the weight of that mistake, but that I've been really good at beating myself up over the years from mistakes that I've made. And I feel like in our community that a lot of men are also good at being tough on themselves. And sometimes that's good, right? Sometimes we need to go, Hey man, we need to really own that. And sort of, you know, kind of give ourselves a good talking to, and then at other times it's unproductive and there needs to be some healing and there needs to be that forgiveness. And I think that's a great end in almost all cases. But tell me about what you've learned about that.

Tyler Dickerhoof ([00:12:34](#)):

I think the first thing to start off with is let me kind of capture it a little graphically. So again, on a farm, it was a Saturday afternoon and I was moving some wagons and my brother waved at me. I waved at him. I proceeded to drive forward. I was driving a vehicle and look back and he was laying on the ground and that was about four o'clock in the afternoon. And, and on a dairy farm, pretty standard for us is, you know, Kyle's got milked at, you know, five and five within 12 hour rain. So it was coming close to that time. And the reason I give you that is so you can understand this next concept is, is I can remember vividly standing in front of our barn where cows were. And I was talking to the sheriff that was asking about what happened.

Tyler Dickerhoof ([00:13:15](#)):

And I said, dude, you remember I'm 14 years old, he's on the hood of his car. I'm standing in front of us. Like, dude, it was an accident I'm going to go in there cause there's 50 cows to milk and they're not going to milk themselves. If you have more questions, you're welcome to come with me other than that word up. And part of that. And that's where I get back to the, how do I deal with things I'm tunnel vision and just push cause that's what I did. But I also had that from that very instant, within 30 minutes, it was an accident. And so it's, again, I'm a person of faith and it's a blessing that God has given me is, is that never really taken it personally. Now, did I have to go through a point and forgive myself? Yes, but I forgave myself more because as much as I didn't hang that guilt, there was a lot of guilt that happened with my mother, between my mother and I.

Tyler Dickerhoof ([00:14:05](#)):

And so that was really, really, really the strange relationship. Our relationship here, I'm a, a 14 year old boy, freshmen in high school. And my relationship with my mom for the next probably three to four years was four letter words. And it was pretty toxic. And so it came to a point where really there was that difficulty that I had to learn how to forgive and forgive that process. But yet I didn't personally, ever to this day, I, I, I feel zero guilt for what happened. He was an accident. Now I will say this, that, you know, one of the things that was revealed to me, I'm sitting on the bench of the gym in this kind of comes over me. There's like, Hey, how do you handle stuff? Difficult? You push your way through it. You got to stop that because you're pushing everyone away and they don't want to be around.

Tyler Dickerhoof ([00:14:51](#)):

And so I had to own that. I had to, Oh, I need to fix this because you don't get anywhere in life by yourself. You may go fast. You may not go, but you're not going to get anywhere. You've got to go with people. So learning how to take people with you. And for me, that was learning to slow down and put my arm around him and say, Hey, let's walk together. It's not about me. It's how can I use my talents to help you? And let's go together. But one of the other things that I also learned through that process was that I had to learn how to kind of open up and be vulnerable enough to where people like, Oh, he's not so hard and intense. He just wants more for others than they maybe want for themselves. And so that's can be endearing, but I have to open up to that and I have to let people come into it.

Tyler Dickerhoof ([00:15:38](#)):

And part of that was that forgiving process of myself and the relationship with my mom and understand, Hey, it wasn't about me. It was her dealing with it. It was her dealing with that situation. And I was the easiest scapegoat. Right? And that wasn't because of me personally, that was just what she was going through and understanding that every day people are going through things. And right before we got on the, one of the things that I've really felt I've had to learn is empathy. I've had to learn where people are at now. There's some articles and challenging it. And I just opened up this, this Harvard business view and it's like leading in trauma. It's like, okay, I'm learning about this. And it talks about, well, is it empathy? Oh no, no, no, no. It's really compassion. And as I've learned and I've, you know, as leading and I love to help and work with people and in my form of that is, Hey, I'm gonna put my arm around you and let's go together.

Tyler Dickerhoof ([00:16:32](#)):

You're not alone. I'm not blazing past you because it's all about me. And now we're in this together. I'm with, into me, I look at that. And Rory Vaden has helped me through this process with his brand builders. It's kind of an empathy spectrum. You can be callous and hard on one side, which you really are nail. And I've done that plenty of my life. But then on the other side of that, I'll challenge you and say, you can be an absolute pushover and you can be an enabler and you can just, anyone challenge did you lay down and just say whatever you want and that's not healthy either. It's really coming to a middle spot, a spot of kind of whether it's, it's balanced, whatever it may be. And as I'm reading these articles and you're saying, it's not empathy, it's compassion. And so I would tell you, you see them as being different.

Tyler Dickerhoof ([00:17:19](#)):

How do I see them as being different? I see compassion at its purest form, being that balance between the hard and the, you know, the soft, the walkover. So that empathy spectrum, which I think you could

say, Oh, it's a compassion spectrum. Are you so hard that you're not compassionate? And so do you want to use the word empathy? Well, I look at this as words or just stuff that we make up. And so if somebody can understand empathy and that spectrum, right? If you can understand compassion in that. And I think that's where we can get into this or which is let's understand the process when you're so hard and everyone sees it's all about you. You're not going to accomplish anything. But at the same point when you're so soft that you let everyone walk all over you and you are just the, you know, you're just, you enable people.

Tyler Dickerhoof ([00:18:11](#)):

It's kind of, as I think about it as if, you know, you're trying to be so compassionate, so empathetic that if you have someone that is addicted to something in your life, that you're actually feeding that to them because you want them to like you, then you're not helping them. You're not helping their cause. And I think that's the element. And again, as I've mentioned with my mentorship with John Maxwell and learned so much about leadership and it's something I'm really passionate about because I like to help others and, you know, realizing that leaders aren't in their role to be like, they aren't doing that to say, how can I find people that are just going to chop them up and like me that isn't your goal. Your goal as a leader, is to help them in my eyes accomplish more than they thought possible. And sometimes that takes a little tough love sometimes that that can be where all they're so hard on me, but then you stop and you look back and like, I'm so glad they were. I'm so appreciative of that because really when they were hard on me, it wasn't about what they were trying to gain is they understood what I needed, where I wanted to go. And I needed to deal with the reality, that tough stuff in order to get there. So

Jon Vroman ([00:19:24](#)):

I like it, man. No, it's great. I think this is interesting. I'm going to connect some dots real quick. So one is that we'll go back to Rulon for a second. You know, Roland said that in his relationship with his wife and I don't think I'm exposing anything here. I think this is actually a beautiful thing he shared with me is that he was working on empathy. I remember going to a counselor with my wife when we were going through a really difficult time. And she talked to me about empathy. So I'm connecting a lot of dots. And the other thing that I'm seeing and feeling is like this idea of you talk about putting your arm around somebody, right? You talk about this connection. I'm seeing this like, and I also know that you've said the word several times and it's on your website, right.

Jon Vroman ([00:20:10](#)):

With Tyler and Kelley is, is about impact, right? You actually have a free impact maker assessment, correct? Yeah. So this term of impact, all that to me really is very in alignment with how I see you as a person, as a leader, as a very successful businessman, as a father and as a community leader, I even have this picture in my head of when I saw you walking through an airport and Maxwell was next to you. And I think you even, maybe in that post wrote about your, your circle of influence and the people that you are fortunate enough to surrounded by. And, and so I just see seeing this pattern emerge, and I'm always looking for the theme of the show, but to me, there's definitely this theme emerging of a connection of an impact of an, of a relating to somebody finding your way with your kids and their different personalities to make sure that they feel supported by you and lifted by you.

Jon Vroman ([00:21:07](#)):

A lifting is a word that I really love. And one thing I'll say, and I wanna, I want to hear your thoughts about the theme. That's kind of emerging. Two is that empathy, as I was taught as attunement, right, is

that empathy is attunement with something as my counselor had said. And I thought that was a beautiful way to look at it is a tuning with somebody, right? And that I almost look at empathy as I tried to define these two. So first of all, I didn't come to the show with like a what's empathy and what's compassion, but I love that you got me thinking there, it's almost like this empathy versus compassion. I almost love, I would love to open up this call and hear what the world has to say about those two things too. But empathy for me is like in a Tumbler where I can almost like feel that person, like when I think about an empath, I think about somebody that really feels another person they take on the emotions of that person.

Jon Vroman ([00:21:57](#)):

Whereas almost like view compassion, and maybe it is exactly the same word it can be because we're the ones that get to define these things. As we wish it doesn't have to just be what the dictionary says. But I think of compassion sometimes as like it's feeling for somebody versus empathy, these like feeling into somebody, you know what I mean? And that's how I see it. So let me kind of give you my exposure. Initial exposure to this is one of the things my wife and I did is, and this is probably the greatest thing we ever did from a business point of view, but also as a, you know, so we worked together in business, which has its own challenges and difficulties show about that.

Jon Vroman ([00:22:41](#)):

The title is working with your spouse part two, ladies and gentlemen, stay tuned. Tyler we'll be back. Do we have enough time for that? That's a breakdown back to back episodes, but we went through StrengthsFinder 2.0, so we took the strength finder assessment. I recommend that for everyone. I think it's simple, it's easy. And it starts to identify and you can go Meyers, all the other things. I like strengths because it's a little bit deeper and it can start to identify different traits. And then it gives definition. So that's where I was first exposed to empathy and sympathy. And in that definition, that's where they're a little different sympathy is more of that. Oh, I feel for you. And you're just like, Oh, I'm sympathetic to you. It's like, Oh, I'm sad because you're sad. Right? Empathy in that case is I can understand why you are thinking that way, feeling that way, but I don't necessarily take it on myself. And so that's where I got my personal definition of those words. And I was low in both of those. Like most strengthen both. I realized from that instance for me

Tyler Dickerhoof ([00:23:46](#)):

To grow as a leader, I had to learn how to be more compassionate, more empathetic. I had to kind of, again, it was a blind spot was exposed to me that it was all about me and was like, dude, it's not about me. It's about others. And I needed to change how I presented myself. So people understood that. And so from that, I heard this example from Bernay Brown. So dr. Bernay Brown and, and I'm going to butcher it. She has a two minute YouTube video go search it. But Nate Brown and well empathy. Okay. And she talks about this is how I paraphrase and understand empathy. She goes, empathy is like seeing someone stuck in a wheel. And you know, someone that's really callous looks down from the top of the well is you can't see it, but I'm looking down and they're like, Oh, sucks for you to be down there.

Tyler Dickerhoof ([00:24:30](#)):

How are you going to get up? That's someone that's callous. That is the far extreme. You're not being upset. The other person could be the extreme as they crawl down in the, well, then they shoved that person out there. It's like, Oh, I know what it's like to be in this. Well, it's like, well, they're out now. You're in the wall. How does that help you? However, to be truly empathetic is crawled down in the well

and say, Hey, I'm here with you. I know how to get out, but you're going to have to do this on your own. I'm here to guide you, help you. Let's go do this to me. That as being a healthy, empathetic person and guide a leader is I'm willing to get down in the well with you. But I crawled down in here on my own accord. I know how to get out.

Tyler Dickerhoof ([00:25:06](#)):

You may not know how to get out, but I'm going to guide you through the steps, how to get out of here. If you want to, if you don't, we're going to sit here. I'm with you. We're going to be stronger to get. And so that's what I frame into my brine to have this like healthy picture of empathy. And again, if you want to label that compassion, I would say the first example is if you're mocking in, in, you're joking with someone stuck down a wall, you're not being compassionate at the same point. If you try to replace them and you go down there, that's not being compassionate either. You're just trying to take on their pain for you, but they are the one that has to go through. And so Bernay Brown. Like I said, she goes through a couple minute video describing that. I think it does a good job of explaining in my mind. That's how I put it.

Jon Vroman ([00:25:49](#)):

I get your take on something that's shown up recently in the group, about how much should we be imposing our agenda on our kids? Like you've got all this wisdom, right? You've learned all this stuff. You've been through all these Amelia, but how much should we go to our kids and say, Hey, this is the way, right? Let me give you the path. Here's the framework. Because in business,

Tyler Dickerhoof ([00:26:13](#)):

We're kind of taught that our job is to get

Jon Vroman ([00:26:15](#)):

The framework is to show people the way, but how much of our job as a parent is to just be there with our kids as they find their own way versus saying, here's how to do it. Here's how to think. Here are the values you want, right? This has been a topic lately in our group of where do we fall in that? Because you could make a good case for either side. I think

Tyler Dickerhoof ([00:26:36](#)):

That's, what's so pertinent. And today I just turned 41. I know, you know, most of our group is about the same here. We're gen X may be millennial, but really we're the, like the gen X leaders. And this is one of the things that has hit me in the last couple of weeks is we're that bridge group. We're that bridge between the baby boomers straight out of world war two, the war they were, you do what you're told to do because it was a very dictatorial society. And yet we have this millennial group who were a product of a generation that was more free, loving, and kind of do whatever, right? And they were taught very, very differently in school. They weren't taught in a way of failure. They didn't experience failure. It was, Oh, you know, you go back to Laura Bush, that was kind of no child left behind.

Tyler Dickerhoof ([00:27:20](#)):

And so there's a generation that does not understand what it means to fail. And so we as parents, now we're trying to navigate those two generations in the workplace, but then also raise kids through this experience. And I think you bring up the point and it kind of, this is it a helicopter parent that keeps your parents, they're your child from any type of pain and, you know, struggle ever into me. Every great thing



I've learned is through really hard sucky stuff. But I also learned I could get through it. And that's what made you best. I mean, there's the Proverbs, you know, many hate is gold and silver are tested in the fire. No, that's just what we are. Iron sharpens iron. You want to go to every single religion. There is some essence of that is where you're made stronger through whatever you test yourself.

Tyler Dickerhoof ([00:28:11](#)):

And so I look at that. I was lucky to be raised in a family where, you know, my curfew in high school was you gotta get up at four 30 in the morning. Okay. I stayed up past midnight once and I'm like, that was stupid. And yet that's kind of an example of how I was raised. My wife was very much an iron fist. You do what you're told. And so the differences in our personality is she was one that rebelled doesn't want to be told what to do. Whereas like I was never told what to do. I had to make my decisions and deal with. And so as a parent, it's like, I'm much more of a fight that law, I don't want to control them too much. I got to let them fail and you got to let them struggle and let them find it on themselves.

Tyler Dickerhoof ([00:28:52](#)):

And one of the things that I've really seen, and this is I'm going to give credit to it. And it's actually his next book, John Maxwell, it's all about value in our society. Struggles with that. It's like, what are our basis of values, where our values. And I think that's kind of this common ground between us trying to figure out as leaders, as parents, as examples in society, as this, everything we're dealing with in society is right. What's our common basis of value. And so as a parent, I look at that as like, well, I think that's where it's teaching our kids the values. And then you guys make the decision because I can't make it for you. You're a person. But if we layer in, Hey, these are my expectations. These are our core values as a family. This is what we value in a business.

Tyler Dickerhoof ([00:29:36](#)):

These are, you know, Hey, we can hold each other accountable to all these things. Well, then we can start to go pass that from an accountability, from a whatever ramifications are of that. But then all of a sudden, you and I can be sitting here. And if you know my values, I know your values. And there's some of them that are similarities. And there's something that falls out of. It's like, okay, we understand there's differences, but there are still common values too. Or like, yeah, you just don't do that. This society shouldn't do that. That is in the best interest of others. And so to me, it's, it's bringing that thought into parenting and saying, okay, we need to discuss values. And what are things that we value? We value hard work. We value honesty. We value loving others as you know, just caring and loving and we value giving.

Tyler Dickerhoof ([00:30:23](#)):

And those are just a couple of the real off the cuff things that are of major values to us in, for me, probably the, the one that if I were to go back and I started this off in my dad, example of hard work, and that was a value that I learned and appreciate. And I still, I would say that most days I feel lazy because I don't work as hard as I should. And yet there's people around me. They're like, dude, I don't know how you get done, what you did not. I'm lazy. And I constantly fight and struggle that, and that's a issue with my wife and two, but this morning was the first morning in about a month that I got up at before five o'clock. I'm like finally back in the routine, we got a puppy and I glad our kids are not that young because she's almost out of it.

Tyler Dickerhoof ([00:31:07](#)):

But man, I prefer to sleep and get up and get going. But you know, that's a value and I understand that's a value that I know. One of the things about my son's soccer coach we talked about earlier is number one, value, hard work, a great we're on the same page. You treat people respect, you show up, ready to work and lets go and you give a hundred percent efforts like we're on the same page. And he's a two John wooden fan, a lot of the similar values. It's like great. I can trust my son that whatever you're going to say is going to fit our family values and getting back to some of this as a parent and tying this all together, I think that's our duty above and beyond anything as fathers is to say, these are our values. And then look at the influences are in our family. And if they don't match those values, then I need to get involved and say, Hey, I'm going to put my child in a different place to where they adhere to those values because that's, what's more important.

Jon Vroman ([00:32:05](#)):

What's up guys. I want to take a quick break to talk to you about our private mastermind that we call the brotherhood. Now we created this unique community for a very specific type of man. And you may just have found your tribe if you believe in the power of relationships. And perhaps you're always trying to out-give everyone around you, you crave ideas that make you effective and efficient in all areas of life. You resonate with the idea of being a family man with a business, not a businessman with a family, by joining our brotherhood, you'll have access to weekly interactive training calls get to join as many or as few as you like. Our guys commit to one of these each month, optional, small groups designed to create meaningful and higher accountability. A private resource library accessible to only our members. And we have challenges throughout the year to help you push your limits.

Jon Vroman ([00:32:46](#)):

And we even involve your family. And a few of them, the brotherhood is where I'm connecting every day. I'm asking questions when I need help and giving support wherever I can. Our brotherhood was created for men with wisdom, but also those who are wise enough to know there's more to learn. And the guys who value investing time to work on their families so they can make the best of their time when they are with their families. Now, of course you're a badass. You can do a lot on your own. You likely have for many years and yeah, you probably don't need front row dads to have a great family and to love on your kids and have a great relationship. But one thing I know for certain is that men for years have done better in tribes versus trying to brave the world on their own. Here's what one of our members has to say about the brotherhood,

Tyler Dickerhoof ([00:33:25](#)):

The message of what you're doing. And putting out there resonated with me at such a high level. I knew I had to be a part of it. And because I didn't know that this existed, I didn't know that front row dads was there and that community existed in that way. I mean, family men with businesses, not business men with families that changed everything. That one line shifted my entire thought on what you're about, what this community is about, what this brotherhood is about and what this group is about. And I would say if you are a dad or an entrepreneur or a father or husband, and that resonates with you, this is a great community to be a part of because it's unlike anything else I've seen. Yeah.

Jon Vroman ([00:34:02](#)):

Have we want our kids to have great relationships and learn from others. We should lead the way and model the behavior we want to pass along. I look guys, the time is now to pour into your family. I read an article by Tim urban that put everything into perspective for me about how important it is for me to

get parenting. Right, right now he wrote that 93% of all the time he'd ever spent with his mom and dad happened before he was 18 years old. And it's crazy to think that I've got only eight more years before my oldest son is an adult. I feel confident saying that, no matter how old your kids are, the time to go all in on your family is right now. We have members with newborns and we've got guys with kids that are grown adults members with only one child and guys with 10 people with blended families and everything in between. But by joining our brotherhood and choosing to invest one to two hours each month, we can help you make the most of your time that you do have with your kids. So no matter how great you are at fatherhood, marriage, juggling your work and your personal life calendar, we can help you be better. If you're ready to take the next step, go to front row, dads.com and click join the brotherhood today.

Tyler Dickerhoof ([00:35:07](#)):

If somebody surveyed your kids, would they say the same that you just listed off

Jon Vroman ([00:35:11](#)):

For? What do you think they would say that are your family values and would they all answer differently?

Tyler Dickerhoof ([00:35:16](#)):

I think they would answer differently. One of the things, and this is a failure in a way that I know friends that have they've done magical, beautiful prints. They have them hanging over there, their fireplace over the mantle and just amazing. And they have kids sign off on them. These couple we've never done. That's where I would say is if you asked them and gave almost multiple choice, they get there. And there's a part of me that, you know, is my wife and I are a little bit more because you've lived them, right? Because that's, to me, I'd rather live them than have them sit up on the wall and not live them. So I'd rather my kids know them by us living them rather than us. You know, now I think again, that's where we get our kids involved and it's like, Hey yeah, my, my youngest son who, you know, is a little different.

Tyler Dickerhoof ([00:36:02](#)):

He, you know, just so creative hard work is a value. That's a little bit more of a struggle for him. He is off the charts, creative. It's just, I don't get it. I mean, the kid is an absolute genius when it comes to dinosaurs, great things. But when it comes like, Hey, you need to get up and you need to go do work. Not so much. Now I can also sit here and say, I got in trouble when I was his age, because I would have to get, you know, go out to help on the farm. And my parents would come in my bedroom and you know, five o'clock I know they'd be coming. So I would get out of my bed. I would hide underneath my bed. So I didn't have to go get up and go do chores. And so I can appreciate him and his personality and understand that he's probably not that far off of me. Whereas my oldest son, he's ready to get up and go and put in the work. You don't have to tell him. So you turned out great. Look at you, man. I'm a work in progress and I'm still working.

Jon Vroman ([00:37:02](#)):

Okay. On that note. And you said it a little earlier, you said, and I think, uh, you are the type of guy that talks openly about both where you might be winning and where you're challenged. And that's something that we want to have as a value of our group. When we look at communication values, we have asked, give when props as our four pillars.

Tyler Dickerhoof ([00:37:22](#)):

So what's the question that you want to ask. What's the,

Jon Vroman ([00:37:25](#)):

That you have for the group. What's a resource, where's a win that you've been having in your life

Tyler Dickerhoof ([00:37:29](#)):

Because your win can become other people's wins. And then also, where can we give recognition and acknowledgement?

Jon Vroman ([00:37:35](#)):

So I wanted to get to you Tyler on the ask and the wind. So, and it could be, I mean the wind and the give can be one in the same. A lot of winds are gifts. But my question is where do you feel you've made your biggest win and you want to narrow it down to like the last month. So it's recent, that's fine. But maybe even like, if you look at your fatherhood journey and say, this is one of my biggest victories that you haven't shared yet on the show, I'd love to know.

Tyler Dickerhoof ([00:38:04](#)):

I know what that is. And then also I'd love to know, but I'd love to know what question you're

Jon Vroman ([00:38:10](#)):

Right. Like what, what right now are you wrestling with as a dad and maybe that comes from a failure, maybe that comes from an area where you're really struggling right now and where we can just get a little, you know, a little vulnerable in that space.

Tyler Dickerhoof ([00:38:24](#)):

Well, I mean, that's a lot. It's great thoughts. Rolling. All these thoughts. Rolling. I would say I'll jump to the, the thing that I probably, I see as a virtue that has transcended in my family with my kids. And it's a good thing is I am not above, beyond or anything from apologizing to my kids. No way, no, how absolutely. There'll be times where I will, you know, snap, I will make a mistake and I will go and say, Hey, I screwed up and apologize and to ask for forgiveness. And that's something that I really think as a parent is really, really important. I think it's really important to have that vulnerability and have that air of we all make mistakes. And you know, one of the things that I've seen in that is my kids that embrace that there is this almost willingness because they see me doing it.

Tyler Dickerhoof ([00:39:23](#)):

They're willing to say, Oh yeah, I screwed that up. Now. Doesn't mean that it's not heated and it's not fucking. Now we all have that. We got to learn how to manage those things. And again, passionate person, my kids can get passionate, but that's something that I think I've really tried hard to do for many years. And it's something I continue to do. And I don't know what happened year, the other day. And my oldest son, I, I snapped out of my, I blew up and cooled off and said, Hey dude, I'm sorry I did that wrong. I handled it. And he goes, I forgive you. And it was one of those things. It was, it wasn't that word. It is not be on the fact that we make mistakes. I think that's very, very important as a parent doesn't mean that there's not a level of respect there.

Tyler Dickerhoof ([00:40:03](#)):

No, there still is. But yet I think that respect and that trust is gained through, Hey, I screwed up and ask for forgiveness. One of the things that I would say is, you know, from a gift point of view is, you know, looking at it to say, help your children grow and learn and learn beyond what they're doing. And even if it's just picking an area where you can learn together, I think is really important because then you flex that muscle that, you know, one of the, the values, you know, I think is, is every day is a to learn an adage for me is I want to be better today than I was yesterday with the intention to be better tomorrow than I was today. And that takes commitment to billing, willing to learn. And I have a pension from learning a strength for learning a desire to learn.

Tyler Dickerhoof ([00:40:52](#)):

But I also think that is something, when you do that with anyone in your family, your spouse, your children, when you commit to grow together, you're going to grow together as opposed to grow apart. And that's something that I would, I would really encourage everyone to do, find a way, even if it's like, you know, my youngest son, who's dinosaurs and, and creatives like, alright, dude, let's do this. And I'm willing to grow with you in that. Um, the thing that I, I would, I guess, take to the next level there is, is this stuff that you encapsulated is, um, I still, to this day, if someone had said, Oh man, you're so successful. No, I've just kind of gotten where I've gotten. I don't look at myself as, as being successful. And so the question I asked is in that pursuit to accomplish that pursuit, to have significance, cause I'd much rather have significance than success is at what cost.

Tyler Dickerhoof ([00:41:49](#)):

My kids are 13, 12, and 10, and I've had mentors. I've seen other people that they just below and go on life. They're traveling like crazy. They are just pushing forward. And sometimes you ask them and you're like, yeah, I wish I would have spent a little bit more time with my family, Joe Sanok, who I know was on, you know, has been on podcasts and he's in a group with me. And it's one of the things that he's really kind of trying to pioneering is this work less, this Thursday's new Friday four day. And it's the element that I, what I really gathered from Joe there is, Hey, don't be so selfish in your pursuits that you forget about the people that you have the biggest impact on, which is your family. And so that's where that constant tug and it's kind of like, alright, how do I still move myself forward and grow and accomplish in serve people?

Tyler Dickerhoof ([00:42:44](#)):

Cause that's really my desires. How can I serve people, share the lessons that I've learned and, and share the, the mentorship that I've gotten with other people through the lens that I have it, but yet do so in a way that is honoring to my kids where they're at right now. And that that's something that I kind of got gotta constantly check myself and say, you know what? As long as I move forward, I don't have to be jumping leaps and bounds. I don't need to have this, this major program. That's doing everything. If I'm moving forward, I'm continuing to try to serve people on. I'm not going backwards. And yet those impacts the finding ways for my kids to stand on. My shoulders is still one of the absolute top priorities. Let's go full circle here, back to your kids, standing on your shoulders.

Tyler Dickerhoof ([00:43:31](#)):

How will, you know, when your years down the road and you look back, what will success look like there? How will, you know, if you that, if you achieved that mission of allowing that to happen, giving space for that to happen, what does success look like? I think it can be as simple as I bring this up

because it was just last night, my son talking about, Hey, I need to be the one to step up, but I stepped up. I had a desire to lead or whatever. I think it comes back the ability to connect with a lot of people. And you know, to me, that's his example of saying, Hey, he's being willing to exercise that now as a 12 year old, sooner than necessarily what my wife or I did and the same with our daughter. And, you know, to hear each of our teachers like man, your kids have real leadership attributes.

Tyler Dickerhoof ([00:44:20](#)):

They understand what it is to impact and lead. It's like, well, that's kind of what we live and they've been exposed to. And they're comfortable in that position. And I think what's important about kids is the kids that lead usually are setting the directions through junior high high school. When a lot of things fall off the rails, as opposed to the followers, the ones that are searching, trying to figure out their place. So that's an example right now later on in life. I haven't got there yet, so I don't know, but that's where I'm at right now. And I think that just continues. Is, is it something that, a relationship that I have now, whether it's with you and you know, I look around myself and the people that have made a tremendous impact in the world that I could sit right now and pull up on my phone and send a text and they'd probably respond within 10 minutes is mind blowing to me.

Tyler Dickerhoof ([00:45:08](#)):

And I don't understand why you mentioned, you know, John Ruhlin, there's a guy and how he's connected and you know, have different connections. And just even how I fell into the opportunity to be mentored by John Maxwell and put ourselves in that position. And I don't understand why, but I know it's to share those connections and relationships with others. So that way, from my interaction, in my lens, that it can be still down to impact people. And so when I look at that is I can't sit here and not think that that's going to have an impact on my three children. It can't. And so that's what to me is, is moving that forward and knowing that at some point, life is just going to be like, Oh, I'll ask how it played out. Well, that's pretty cool. So

Jon Vroman ([00:45:53](#)):

Somebody who is always learning, what's some parenting advice that you heard over the years that turned out to be true, but you know, it's something that somebody said, here's the deal with parenting. And you're like, now looking back with kids that are the ages that you have, that you're like, yep, that was totally spot on. And maybe you see that more now than you ever had before.

Tyler Dickerhoof ([00:46:16](#)):

Wow. That's a question that I would say probably for sure, not prepare paired for

Jon Vroman ([00:46:22](#)):

Questions, Tyler,

Tyler Dickerhoof ([00:46:25](#)):

But it's good, but it makes me stretch. And I think there's an element there is. Yeah. I don't really know. I don't really know if there's like a, a piece where it's like, Oh, it's really like that. I, I think there's a, the thing that I realized is their own people. They're all totally different. And I would look in, and you're kind of the, what I mentioned earlier about my youngest son is he's really given me an insight to understanding my wife. And this is what I would say is an attribute that I would share with people is lead your children. Just like you would lead someone that you work with. If you work with treat your

children, the exact scene, if you're going to have compassion and grace, for someone that you work with, then you need to have that with your children, vice versa. It's the exact same experiences, how you guide and lead your children is the exact, how the relationship with anyone that isn't a responsible, if you're a business owner, if you're whatever it may be, it's the same thing. And not thinking it's different and not thinking that, you know, it's people and it's learning react and relate to people the same. And to me, that's where, when you sharpen each one of those skills is based upon all those interactions.

Jon Vroman ([00:47:39](#)):

Would you say this? I can't, you know, I think about myself, like at a,

Tyler Dickerhoof ([00:47:42](#)):

At a coffee shop,

Jon Vroman ([00:47:45](#)):

I'm talking to the barista and I'm like, Hey, how are you?

Tyler Dickerhoof ([00:47:49](#)):

Thank you so much. Appreciate it much.

Jon Vroman ([00:47:52](#)):

And then I'll turn around and my kids and I'm like, get in the car.

Tyler Dickerhoof ([00:47:56](#)):

Why is it that I was like, so nice and loving to the barista. And then I changed my tone with my kids, totally short with all men. And that's where I've had, you know, as a menstrual or apologize like that. Wasn't good. That is something that I would, I've learned. And that's really even been the last six or eight months.

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

Yup. Hey, just a couple of quick, quick final questions because I'm just curious. And I think you're, you're a man of great wisdom and I hate to see an interview come to a close. You can keep these as quick as you want. When you think about great dads out there, all these people that you referenced being in your phone that you could pick up and that you could call,

Tyler Dickerhoof ([00:48:39](#)):

Who stands out as a great dad. Like, what do you respect about that? You know, what do you love about that? I think there's a lot of little attributes from a lot of people. I mentioned earlier, the mentor that I had when I was younger, Jim, and you know, the fact that he was, he was always engaged with his kids. He was always there to support and love them and be involved in their life. And that was something that, you know, my dad could, and it was partly because again, a hardworking, but didn't have the opportunities. My dad wasn't able to come to a lot of my sports games. He wasn't able to do that because he was, you know, on a farm working or whatever else. And so being involved, being there present, I would say the other thing is when I think about different parents is the ones that held their kids accountable.

Tyler Dickerhoof ([00:49:29](#)):

The ones that, you know, you hear a lot of times, Oh, I want to be best friends with my, with my kids. It's like, well, a good best friend keeps you accountable. If you think about some of your best friends, are they willing to say, Hey, John, knock it off. Like, come on, dude, you're selling yourself short. That's a good best friend, a best friend. Isn't the one that comes up and says, Oh John, you're the best. You're the greatest. Let's just go. Don't worry about it. No, that's not a good friend. That's somebody that just wants to be liked to me. That's not a friend. And so when I think about parenting, as the example of those, like, Hey, I have gained a lot of respect because there's accountability there. I think one of the, one of the attributes, and again, I mentioned his books earlier, Bob Goff, Bob Goff is probably example of a dad that I need to learn a lot from because you know, it is tattooed across his forehead whimsy.

Tyler Dickerhoof ([00:50:21](#)):

And, you know, I even had to like, okay, uses the word so much. It's like, he's just, what does that mean? It means kind of free and fancy free having fun. Just let's go do it. And he is full of whimsy and just sure. That's fun. That's great. And that's how he lives his life. And there's a little bit of a law that little lot of that, that I need to take on more and just say, screw it, whatever. Let's go, let's have fun. Let's not worry about it. And I think those are attributes of fatherhood that I really admire and say, Hey, I need to make that a bigger part of my life. And just say, you know what? You know, if you throw a water balloon at me and dump water balloon on my no big deal,

Jon Vroman ([00:51:02](#)):

Do you need to just relax a little bit? That's a struggle. We started off as like, you're a hard charging, put the blinders on, like press forward, go, go, go. Right? Yeah. Like, do you have, like, I think this is a real struggle by the way, because I find this in our group, man, especially

Tyler Dickerhoof ([00:51:20](#)):

With all these hard charging dudes

Jon Vroman ([00:51:22](#)):

That like, it's very difficult when you're in the space of like waking up, like I'm going to solve some of the world's biggest problems and then your five-year-old wants to play army men. And it doesn't matter what you do cause his army is going to destroy your army. And he's going to change the rules every eight seconds. And it's like, for me, and a lot of guys are like, it's very difficult for me to get down on the level with my kids and play with them. Like even my kids have to play tickle monster. They want to play every day. And that basically means I tickled the shit out of them until they pay themselves and

Tyler Dickerhoof ([00:51:53](#)):

Play it forever. And they want to do it every single day. Sometimes it's tough for me to just be so playful and so childlike

Jon Vroman ([00:52:02](#)):

That I know they're my greatest teacher as a result of that.

Tyler Dickerhoof ([00:52:05](#)):



Well, here's an example last week, my youngest Landon he's like dad let's play monopoly. And it's like, I got like a couple of different zooms. I have this, I need to get stuff done. It's like, alright, you know what? Let's schedule it. Okay. I will be there. And so the whole time it's like, okay, I have the slot open. If you and I had a zoom, I'd give you a hundred percent attention. And yet when I'm there with them, I'm fighting my mind. Well, is there something else that I need to do? And I think that that being present just as much with your kids at, you know, again, if you had an appointment at nine o'clock in your business and you said, I need to be there at nine o'clock and you know, you need to be present, you'll be present. Well, are we willing at certain slots of the day to give up our best time to our kids? That's where I struggled, because if I felt like I was knocking stuff off the list in my mind, a more whimsical, I'm more like, yeah, sure. Let's go. When I feel like, dude, I'm not getting ahead. That's where I struggled.

Jon Vroman ([00:53:09](#)):

You know what I've caught myself saying, Tyler is, uh, like when I have random interruptions, Tatiana will come into my office and say, having a problem with the kids, can you intervene or something like that. And I had this other thing scheduled that I was supposed to do. And then next thing you know, I'm talking to my team and I didn't get down what I told my team I was going to do. And then I'm like, and I say to myself, I catch myself saying I got nothing done today. Right. And then I, and then I go, wait a minute. I got the most important thing done today. I was there for my family when they needed me. I showed up for this quarrel that they were having. And I know, so I have to be careful for myself personally of saying, I didn't get anything done today. Cause I have

Tyler Dickerhoof ([00:53:50](#)):

Had all these distractions when my distractions are not really distractions,

Jon Vroman ([00:53:55](#)):

Parenting. It's exactly what the hell I'm supposed to be doing. You know, I have to fight that urge.

Tyler Dickerhoof ([00:54:01](#)):

Yeah. Well, and I think that is the, again, going back in time is in our generation because that's, you know, you think about it. You know, how many people before us worked at home regularly, where they have interactive time with their kids in the middle of the day, right? That is very much an attribute of our generation as dads of, you know, five to 15 year olds that are in our forties. Here's a claim that's never really happened before. And yet we're fighting this. Okay. We don't need to be in an office from six until five to quote unquote, get work done. And yet we have these abilities and now we're trying to understand and compartmentalize what is being responsible storage to our business and yet being responsible stewards to our family. And that's where, to me, it's this challenging suit of understanding. What's right. Yeah.

Jon Vroman ([00:55:01](#)):

Alright, last question, man. And then we're done. Last question is, so I know you spent so much time with Maxwell and one of the things that I think shows up in our group specifically, because we have some guys that are wildly successful, right? Is this idea of comparing yourself to other people. And I'm just wondering, do you wrestle with that at all to, of being a competitive person perhaps, and you know, demanding the best of yourself and pushing, you know, to excellence that would you ever look at where Maxwell is in his life and feel like you're not doing enough? Is that ever, does that ever show up for you or does that not show up for you?

Tyler Dickerhoof ([00:55:40](#)):

In my relationship with John, it does because of my respect for him. So my respect for him is I'll share this. Here's a gold Baton. This was given to me by John. John gave this out to people and as he is like, Hey, I'm passing the Baton for you to carry. So this sits on my desk and I just got this a couple of weeks ago. This is something that says, am I doing enough to honor him for the belief he has in me that I'm continuing on to share the stuff that I'm sharing with you that I'm learning to honor him because he's poured into me. So there's that. But am I sitting here saying that here's a guy that's written over a hundred bucks and sold 34 million or whatever, and it comes off as itself? Is that a comparison? No, because I can model myself after him because I admire where he's at and the person he is.

Tyler Dickerhoof ([00:56:30](#)):

But yet it's not that comparison where I find the difficulty in comparison is some of my peers and saying, okay, am I moving the needle far enough ahead for me today? Or am I feeling like I'm not getting anything done? And they're screaming ahead and I don't need to scream ahead, but I just need to feel like I'm moving my day forward. And that's where I struggle in comparison is I struggle with comparison with, with people our age that have no kids that live in a different place in our nine, 10 figure businesses. And I'm like, but I got three kids that I got to spend four hours tonight taking to and from soccer practice and spending and listening to books. If I were to go in their living room, how much would they sit there and say, Oh, okay. Yeah, I have a private plane. Yeah. I sit on the beach, but I'm lonely. I don't know. I have to assume there's an attribute of that. And I just have to be really, really comfortable where I am and just come back to the, the thing that I try to focus on every day, I need to just be better today than I was yesterday with the intention to be better tomorrow than I was today. And if I can check that off the list, then I'm doing okay,

Jon Vroman ([00:57:46](#)):

Tara, this is awesome, man. Hey, if guys want to connect further, where do they find you?

Tyler Dickerhoof ([00:57:49](#)):

Instagram Tyler underscore Dicker hope look for the bald guy. There's actually two other Tyler, Dick. Digraphs amazing. And then Tyler Decker hook.com. My website is actually going to be in a update phase, but you can connect with me there. Again, Tyler Decker health. You can search LinkedIn, Facebook, Instagram, but that's where Cheryl my contact and awesome

Jon Vroman ([00:58:10](#)):

Guys. We're going to throw everything also up at front row, dads.com and all over the web. And we're going to point you to Tyler stuff. And I really like what you're up to Tyler. Is there any final words at all before we go? Anything you want to say to the anybody out there listening?

Tyler Dickerhoof ([00:58:24](#)):

I think one of the things that we didn't touch on at all, and it's, it's a big part of my business and we haven't gotten into it. I know you have a background in direct sales and you've learned a lot there to me. It's been a key to unlock, but here's the biggest thing that I think is most important than, and this is telling my dad was a college football player. My dad was a college football player who then became a, a teacher. And he was in a day and age that he didn't take care of himself. And one of the things that I always wished is as I was a kid, is that he could just go play football, go play basketball. And he would somebody just couldn't cause he worked hard and he wasn't in shape. And so an attribute that I

understand, and this is a driver for me is take care of your health. And if somebody is need help there, I'd be more than glad. Obviously leadership is my jam, but I also respect health, former gym owner, former nutritionist for cows, which we didn't get into either. But yet that nutrition aspect is so important to me because I realized this, I can't be the best husband. I can't be the father. I can't be

Jon Vroman ([00:59:22](#)):

The best leader if I don't take care of myself first. And so that's what I would impart on people is really make an take an interest there. And it doesn't mean you have to become a bodybuilder. It doesn't mean you have to become a, a world class triathlete doing that stuff, but just take care of yourself because if you don't, no one else will. It's awesome, man. Well, I appreciate it, dude. Thanks for the time. Love the journey that you're on. Your kids are lucky to have you. Your wife is lucky to have you get you to tell us that in a video message, the world is lucky to have you, man. Thank you so much for showing up big. Thanks so much for, for doing the hard work. And for really again, choosing oftentimes a difficult path, a difficult road, and sometimes that's just honoring your own values.

Jon Vroman ([01:00:10](#)):

If they happen to fly in the face of others and then being a man of integrity and allowing your kids to learn with and from you. That's great, man. I'm so grateful for your friendship and if I can ever be of service to you, man, let me know guys, please go check out. Tyler's work, please follow along. He's got an incredible, incredible world that when you start taking a peak, you're going to be blown away. I see the pictures and the videos, man, and I'm just really inspired by it all. So thank you my friend. Thanks John. I appreciate the opportunity to share man.

Jon Vroman ([01:00:40](#)):

Hey guys, thanks for listening to the show. And if you enjoyed this one, consider what other dad out there would enjoy it. Also in pass this episode along and guys make sure you're subscribed to the podcast so that you get notified whenever release the latest episodes. And if you could, would you leave us a quick review if you haven't already done so, and if you have thanks because not only do I read every one, but tons of other people are reading them too. In the more of those reviews we have and the better they are, the more chance we have to get other guys to say yes to checking this out and we can help them in their journey to fatherhood and having a great marriage and just kicking ass family life. And also before we go, would you like to get a short, weekly email with a timely insight?

Jon Vroman ([01:01:15](#)):

And every Thursday I send out this super short three minute read with a personal photo from my own experiences as I try to go all in on family life. So if you want to get some recent relevant and real stories of my failures and the few of my wins, then text front row dads to (314) 665-1767, and you'll get our weekly insights, email blast, and the list guys, if you're still looking at whether or not you should join the brotherhood, then I want to leave you with a few comments from guys who are part of our tribe. And here's what they have to say about why they joined what value they're getting out of our brotherhood. So if you're ready to say yes, just go to front road, ads.com and click join the brotherhood. I'm super grateful. I was just at an event that I wore my front row dad's hat. I can't tell you how many people ask me, like, what's that all about? And it's just so easy for me to talk about it because it's had such a big impact on me. It's a group that I've been looking for for a long time and I love what you're all about. And I'm really grateful that you created that group. I think there's this whole other level that is there. That's like Epic that you can reach.

Speaker 3 ([01:02:20](#)):

If you're listening to this, you already care about your family and your kids and your wife and growing. So I just challenge everyone. That's hearing this to take it to the next level, whether that's joining this group or some other group, but just take it to the next level to take your family to the next level.

Speaker 4 ([01:02:43](#)):

[inaudible].