

A FREE GUIDE FOR DADS

5-Minute Fixes Home to Work

Six tiny moments in your morning, and exactly what to do with each one to start work focused instead of scattered.

BEFORE YOU START

Your Morning Sets the Whole Day

The transition from home to work is just as important as the transition from work back home, it just runs in the other direction. This guide gives you six of those morning moments and one small, repeatable shift for each. You don't need to do all six. Pick one. Try it this week. Let it become automatic before you add another.

1 The Goodbye That Counts

The last thing your family sees before eight-plus hours apart often gets rushed, a wave from the doorway, keys already in hand.

THE SHIFT

1. Stop moving for the goodbye, don't say it while you're already walking to the car.
2. Make eye contact and say something specific, not just "bye."
3. One more beat of contact, a hug, a hand on the shoulder, a high five, before you turn away.

2 The Commute Warm-Up

The drive in is a runway most dads waste on autopilot or anxiety instead of using it to actually prepare.

THE SHIFT

1. Pick a consistent point in the drive, a landmark, a song, an exit, as your cue to start.
2. Name your top one or two priorities for the day.
3. Picture yourself handling the first hard thing on your list well.

Crossing the Threshold

3 The Office Threshold

The minutes before you walk into work are the last unstructured time you get before you're "on." Most people burn them on their phone.

THE SHIFT

1. Pause before you move, in the car, at the elevator, wherever that last moment is.
2. Take one slow breath in, one slow breath out.
3. Name the kind of day you want to have, not just the tasks on it.

4 The First 5 Minutes at Your Desk

Whatever you open first decides whose priorities run your morning, yours or everyone else's inbox.

THE SHIFT

1. Inbox and chat apps stay closed for the first five minutes.
2. Write down, or confirm, your top priority for today.
3. Start on that priority first, before opening anything else.

Two Moments That Compound

5 The Notification Triage

Reacting to every ping all day keeps you in shallow work and stretches your focus thin across the whole day.

THE SHIFT

1. Pick two or three set windows to check email and chat, for example 9am, 1pm, 4pm.
2. Close both apps completely outside of those windows, not muted, closed.
3. Trust that anything truly urgent will find you another way, a call, someone walking over.

6 The Monday Reset

Without a plan for the week, you're reacting to whatever's loudest by Wednesday instead of working toward what matters.

THE SHIFT

1. Monday morning, before opening email, take ten minutes alone.
2. Name the two or three things that actually matter this week.
3. Block time on your calendar for those things specifically, like a client meeting.

BEFORE YOU CLOSE THIS GUIDE

Your Commitment

Reading six ideas is easy. Doing one is what actually changes your week. Use this page to pick your starting point, write it down, and check back in on it.

THIS WEEK, I'M COMMITTING TO

- ☐ The Goodbye That Counts
- ☐ The Commute Warm-Up
- ☐ The Office Threshold
- ☐ The First 5 Minutes at Your Desk
- ☐ The Notification Triage
- ☐ The Monday Reset

MY FIRST ACTION STEP

HOW I'LL KNOW IT'S WORKING

NOTES

Small Shifts, Repeated, Become Who You Are

None of these moments take more than five minutes. That's the point, balance isn't one big change, it's six small ones you actually keep. If you want help making moments like these the rule instead of the exception, that's exactly what coaching is for.

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