

A FREE GUIDE FOR DADS

5-Minute Fixes

Small shifts for present dads, six tiny moments in your day, and exactly what to do with each one to show up more present, more grounded, and more like the dad you actually want to be.

BEFORE YOU START

You Don't Need an Overhaul

Balance isn't a weekend retreat or a New Year's resolution, it's built in the five-minute windows you already move through every day: the commute, the driveway, the walk from the car to the front door. This guide gives you six of those 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 Commute Shutdown

Work doesn't stop when you leave the building, it rides home with you unless you tell it not to.

THE SHIFT

1. Pick one song, podcast, or station that's only for the drive home.
2. When it starts, say, out loud or in your head, "Work is done for today."
3. Let the drive do the work of closing the loop before you're in the driveway.

2 The Driveway Reset

The seconds between parking the car and opening the front door are the last quiet moment you'll get before Dad-mode starts. Skip them, and you walk in still wearing your workday.

THE SHIFT

1. Put the car in park before you unbuckle.
2. Take one slow breath in, one slow breath out.
3. Name one good thing from today, out loud if you want.

The Evening Starts Here

3 The First 5 Minutes Inside

Whatever you do first when you walk in sets the emotional tone for the whole night. Mail, phone, and "just one email" all send the same message: not yet.

THE SHIFT

1. Phone stays in your pocket or bag, don't check it at the door.
2. Find the first family member you see.
3. Make eye contact for a slow 10-count before anything else happens.

4 The Phone Landing Zone

The phone is the single biggest presence-killer in most houses. It doesn't have to ring to pull your attention, it just has to be in your hand.

THE SHIFT

1. Pick one spot, a drawer, a bowl, a hook by the door.
2. Phone goes there the second you're home. Not your pocket.
3. It stays there until the kids are in bed.

Two Moments That Compound

5 The Bedtime Handoff

The last interaction of the day is often the most rushed, and it's the one that lingers, for both of you, until morning.

THE SHIFT

1. No phone in the room.
2. Ask one question: "What was the best part of your day?"
3. Actually wait for the answer, don't rush to the door.

6 The Sunday Scan

Without a plan, a dad without ten minutes on Sunday defaults to reactive mode by Tuesday. This is the one weekly moment on the list, and it protects all the daily ones.

THE SHIFT

1. Sunday night, take 10 minutes alone.
2. Pick one moment this week you'll protect, a game, a dinner, a one-on-one.
3. Put it on the calendar like it's a work meeting. Because it is one.

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 Commute Shutdown
- ☐ The Driveway Reset
- ☐ The First 5 Minutes Inside
- ☐ The Phone Landing Zone
- ☐ The Bedtime Handoff
- ☐ The Sunday Scan

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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