

Season Setter

The problem

Here's where we stop being vague and start making real decisions depending on the season you're in.

The key philosophy of being a Deliberate Dad is to be smashing it at work as well as being present with your kids, in great health mentally and physically and have great relationships across the board.

BUT everything requires a certain level of deliberate action to create growth.

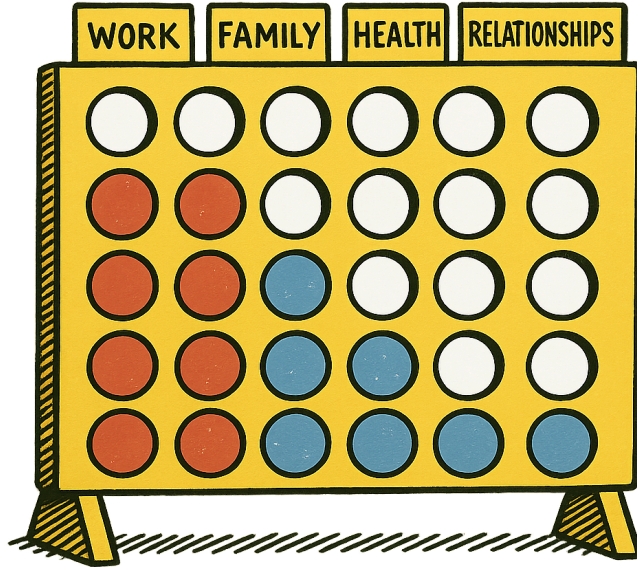
So how do we decide what gets this attention this season.

The solution.

Introducing the **Season Setter**.

A 30-point allocation system that forces you to get honest about your focus and make some deliberate choices.

- You have **30 points total**
- You must allocate across **Work, Self, Relationships, Kids**
- Every category needs a **minimum of 5 to maintain**
- You decide the definitions of each area



The default way to play

There are 3 default ways that Dads generally play this game.

1. Not consider it at all and just stick your head down and keep going and wonder why your wife and kids don't like you in 15 years.
2. Default to work, it gets most of the points and the rest are left with the scraps and you haven't given enough attention to these other areas to even maintain them, never mind grow.
3. Try and hit them all hard at the same time. Taking huge amounts of action on all of these things will only lead to exhaustion, overwhelm and ultimately failure. You just don't have the physical time and mental energy to do this.

The deliberate way to play

Consider what season you are in and have that as a lens when you're making your choices.

Also think about how much time, energy and effort you need to maintain where you are in each of these areas.

For example, you may have gone hard on your health in Q1. You don't want to undo all of that good work by not giving it due attention.

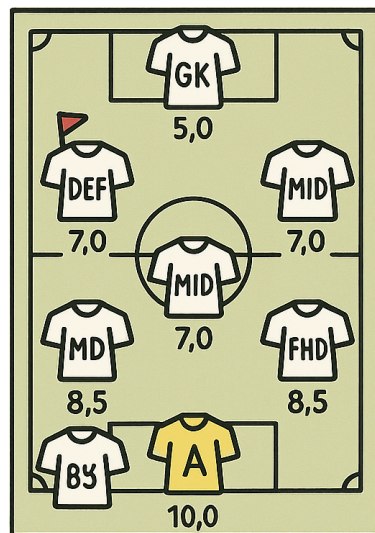
But you may want to ease off the gas a little bit and dedicate more time to one of the other areas.

My suggestion would be that you need a 5 to maintain so therefore you have a spare 10 points to play with.

Why it works.

It's like fantasy football, you want all the best players, but you've only got so much budget.

PICK YOUR TEAM



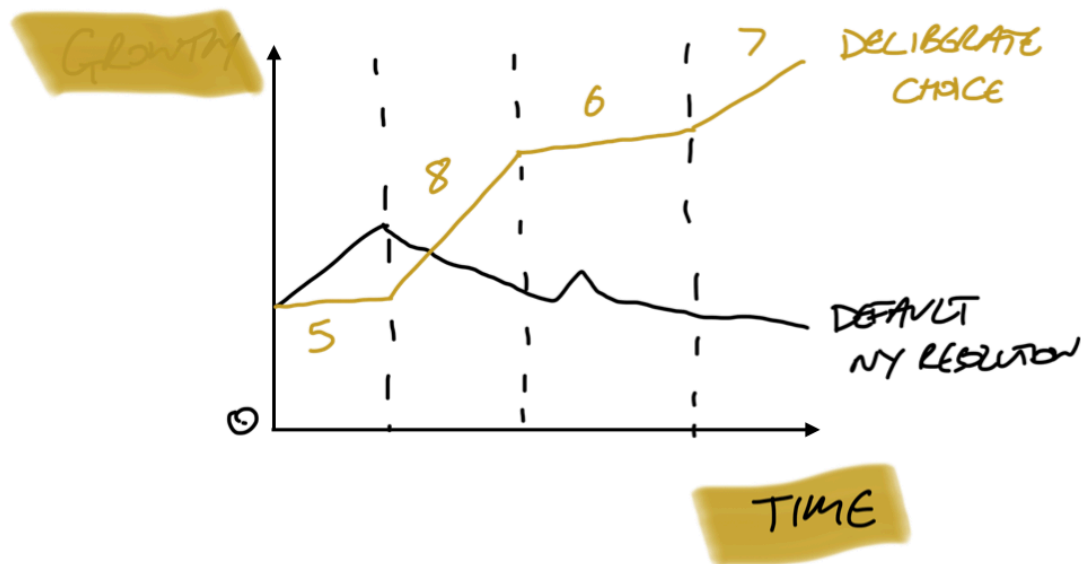
Total Budget: 100 Budget Left: 7

Same goes for your life.

This tool forces you to ask:

- What are you **choosing** to focus on this quarter?
- What needs to **maintain** without slipping?
- What might need to take a backseat for now.

It also makes sure that over the years, everything gets its attention. You may not get everything you want right now but over time the floor of each of the aspects of your life will lift and you'll have better gains in the long run.



It also creates expectations for yourself so when your mind is crying out why you aren't focused on a certain area you can think deliberately and have a strong answer why.

Energy over hours:

But remember this isn't a time-tracking tool. This is about **mental load**, **emotional bandwidth**, and **deliberate effort**.

- You might work 40 hours but just be doing the essentials in work = 6 points
- You might only have 5 hours with your partner, but show up fully = 9 points

Use your gut. What's your felt sense of energy in each bucket?

What's next?

Now based on the allocation you have given yourself we create some proportionate goals.