

The Dad Audit.

Six questions. The shape of you, today.

BODY · MIND · SPIRIT · PARTNER · MATES · FATHER

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A NOTE FROM ALEX

This isn't a quiz. *It's a mirror.*

I'm Alex. Dad of five. Started BetterDads in 2011 after my marriage ended in 2009. Then life got loud – more kids, a business to run, the usual. The early version of this work went quiet for fourteen years. I came back to it in April 2026, with more grey hair and a clearer view of what actually helps.

I came back because the bloke who needed BetterDads in 2009 is still out there. At 11pm, in the kitchen, after the kids have gone to bed, trying to work out how he got here and what he's supposed to do next. I was him. I'd still be him without the work.

How to use this

- Answer each of the six questions honestly. Not the answer you wish you had.
- Each answer has a score (1–5). Write it down. Add them at the end.
- Find the dimension where you scored lowest. Do the move on that page this week.
- Six minutes to finish. The work it points to takes longer. That's the work.

1

BODY
DIMENSION

How's your body?

CIRCLE YOUR SCORE

- 5 Strong
- 3 Tired
- 2 Soft
- 1 Haven't checked

At some point, and most men can tell you exactly when, they stopped feeling at home in their body. Work got heavy. Life got busy. Movement became something you'd get back to when things settled down. Except things never settled down.

Start with the body. Everything else follows.

YOUR MOVE THIS WEEK

IF YOU SCORED 5

You're already moving. Keep showing up — three sessions this week, no excuses.

IF YOU SCORED 3

Walk every day this week. Twenty minutes. Outside. Phone in your pocket, not your hand.

IF YOU SCORED 2

Twenty push-ups every time you walk into the kitchen. Just this week. See what changes.

IF YOU SCORED 1

Get on the floor tonight. Ten push-ups. That's the start. Tomorrow, eleven.

2

MIND
DIMENSION

What's loudest in your head most days?

CIRCLE YOUR SCORE

- 5 Calm
- 3 Usual noise
- 2 Old stuff I haven't dealt with
- 1 I don't actually let myself feel much

Most men don't realise how loud it's gotten inside. The constant low-level hum of worry, regret, unfinished thoughts. Your kids feel it before you say a word. Their nervous systems regulate against yours.

Calm is a practice, not a personality.

YOUR MOVE THIS WEEK**IF YOU SCORED 5**

Five minutes of nothing this week. Phone in another room. Watch the magpies.

IF YOU SCORED 3

Three slow nasal breaths before you walk through the front door tonight.

IF YOU SCORED 2

Tell one person – properly – what you're carrying. Not at the pub. A real conversation.

IF YOU SCORED 1

Find a counsellor this week. Just book the first appointment. That's the move.

3

SPIRIT
DIMENSION

Anything bigger than yourself you orient toward?

CIRCLE YOUR SCORE

- 5 Yes
- 3 Some days
- 2 Drifting
- 1 No

Call it spirit, faith, purpose, principles. Whatever word fits. It's the answer to "what's all this in service of?" Without it, the work feels like grinding. With it, even the hard days line up.

Most blokes don't lack the work. They lack the why.

YOUR MOVE THIS WEEK

IF YOU SCORED 5

Keep showing up to it. Don't drift – that's how it goes.

IF YOU SCORED 3

One hour this week. The thing you used to make time for. Re-make time.

IF YOU SCORED 2

Write down three things you actually believe. Read them on Sunday.

IF YOU SCORED 1

Sit somewhere quiet for ten minutes this week. No phone. Ask yourself what you're for.

4

PARTNER
DIMENSION

How honest are you with the woman you're with – or were?

CIRCLE YOUR SCORE

- 5 Properly
- 4 Mostly
- 2 Easy stuff only
- 1 She doesn't really know me

Most men's relationships die in the gap between what they think and what they say. Not lies – just withholding. Tiredness, conflict avoidance, not wanting to make it weird. Compounded over years, it becomes a wall.

The work is closing the gap by half an inch at a time.

YOUR MOVE THIS WEEK**IF YOU SCORED 5**

Tell her one thing this week she doesn't already know about you.

IF YOU SCORED 4

When something's bothering you tonight, say it out loud. Don't sit on it.

IF YOU SCORED 2

Have the conversation you've been avoiding. The one you keep starting in your head.

IF YOU SCORED 1

Read the Repair guide tonight at betterdads.com/repair. It's the bones of how to come back.

5

MATES
DIMENSION

Who knows when you're not okay?

CIRCLE YOUR SCORE

- 5 Real friends
- 3 One person
- 2 Just my partner
- 1 Nobody

Loneliness is the quiet epidemic among men our age. Most blokes have plenty of associates and not many mates. The difference is whether anyone actually knows when you're not okay.

If the honest answer is nobody, that's the work.

YOUR MOVE THIS WEEK

IF YOU SCORED 5

Reach out to one of them this week. Not about kids or work. About you.

IF YOU SCORED 3

Make it two. Send the text tonight: 'mate, beer this week?'

IF YOU SCORED 2

Call one bloke this week. Not text. Call. Tell him you're calling because you want to talk.

IF YOU SCORED 1

Find one man you trust and tell him the truth about how you are. Just one. This week.

6

FATHER
DIMENSION

When you walk through the front door, what does your face show?

CIRCLE YOUR SCORE

- 5 Calm — glad to see them
- 3 Tired but trying
- 2 Distracted, half-here
- 1 Annoyed before they've spoken

Your kids are not listening to what you tell them. They're watching what you do. All of it is being absorbed. Filed away. Slowly becoming their blueprint for how a man moves through the world.

Your kids don't need you to be perfect. They need you to be present.

YOUR MOVE THIS WEEK

IF YOU SCORED 5

Keep doing what you're doing. Notice when you slip — recover quickly.

IF YOU SCORED 3

Three slow breaths in the car before you walk in tonight. Just tonight.

IF YOU SCORED 2

Phone goes in a drawer when you walk in this week. One whole week.

IF YOU SCORED 1

When one of them comes in to tell you something tonight, look at them for two seconds before you say anything. Just look.

WHAT YOUR SCORE TELLS YOU

Total it up.

Add the six scores. Maximum is 30. Minimum is 6. The number isn't a judgment, it's a starting point.

25-30

Solid shape across the board. The work now is consistency – and helping the next bloke.

18-24

You're doing the work in some areas, not in others. Pick the lowest dimension. That's where you go this week.

12-17

There's real work to do. Don't try to fix everything. One dimension. One move. This week.

6-11

You're carrying a lot. Start with the body – sleep, movement, food. Everything else gets easier once that's in motion.

One rule: the dimension you scored lowest is the dimension you do this week.

WHERE TO GO FROM HERE

Pick your path.

If life's good and you just want to be sharper as a dad

Foundation — 28 days. The deepest cut. Free.

betterdads.com/programs/foundation.html

If you're going through separation

Rebuild, then Recharge, Reconnect, Rise. There's also a separation hub with the practical stuff: telling the kids, the first month, what your kids actually need.

betterdads.com/separation/

If you want one piece of writing a week, no fluff

The Sunday Reset on Substack.

betterdads.com (homepage signup)

If a mate's struggling

Send him this PDF. A bloke at 11pm in the kitchen will thank you.

betterdads.com/downloads/dad-audit.pdf

*The bloke who needs BetterDads is still out there.
Now he's you.*

Alex

betterdads.com