

FREE · FROM ANDERSON SALGADO

WHO'S SHAPING YOUR SON?

The Father's 30-Minute Influence Audit

You don't need to control everything your son sees.
You do need to know who and what is shaping him.



PREPARE

FOR WHAT'S NEXT

BEFORE YOU START

This is not a test of your parenting, and it is not a list of things to be afraid of. It is 30 minutes with a pen, looking honestly at who and what has your son's attention right now, and deciding where you want to be in that picture.

1. **Map it.** Rate the influences on your son today. Go with your gut. (5 minutes)
2. **Count it.** Estimate where his week actually goes. (5 minutes)
3. **Talk.** Pick one of the five conversations and have it this week. (10 minutes to plan)
4. **Look for good men.** Name the men, other than you, he spends real time with. (5 minutes)
5. **Commit.** Write a simple 30-day plan. (5 minutes)

A NOTE FROM ANDERSON

Our sons are going to be shaped by someone. Coaches, friends, games, creators, other men. Most of that is good. The question is whether we know what it is, and whether our own voice is loud enough in the mix. You don't have to get this perfect. You just have to show up on purpose.

Anderson Salgado

THE INFLUENCE MAP

Rate the influence each area has on your son right now. 1 = very low, 5 = very high. Circle one number in each.



Which influence surprised you?

Where do you want your own number to be in 30 days?

WHERE HIS WEEK ACTUALLY GOES

Estimate the average hours per week your son spends in each area. Rough numbers are fine. If you don't know, that is useful information too.

AREA	HOURS PER WEEK	WHO OR WHAT IS SHAPING HIM HERE
School		
Sports / Activities		
Gaming		
Social Media / YouTube		
Friends		
Family Time		
Time with Dad, one on one		
Sleep		
Other		

Which number would you most like to change?

What would it take to add one hour a week with you?

THE FIVE CONVERSATIONS

These conversations don't have to be perfect. They just have to happen. Use the opener as a starting point, listen more than you talk, and check the box when you've had one.

1

IDENTITY

"What kind of man do you want to become?"

☐ Had it

2

MONEY & WORK

"What do you think work is for?"

☐ Had it

3

WOMEN & RELATIONSHIPS

"What should a good relationship look like?"

☐ Had it

4

COURAGE & PEER PRESSURE

"When have you gone along with something you knew was wrong?"

☐ Had it

5

TECHNOLOGY & MEDIA

"Who online gets your attention, and why?"

☐ Had it

Tip: side by side works better than face to face. Have these in the truck, on a walk, or fixing something together.

THE MISSING-MEN QUESTION

Boys learn what a man is by watching men. You are the most important one, but you were never meant to be the only one.

Which good men, other than you, does your son spend real time with?

Who could you invite in? A grandfather, uncle, coach, friend, neighbor, or man from church.

NAME	HOW I'LL MAKE IT HAPPEN

YOUR 30-DAY PLAN

Small, consistent steps create a stronger influence than big, occasional talks.

3 THINGS I'LL DO MORE OF 1. _____ 2. _____ 3. _____	1 THING I'LL STOP OUTSOURCING _____ _____ _____ _____	1 RECURRING FATHER-SON ACTIVITY _____ _____ _____ _____
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Start date _____

Check-in date (day 30) _____

The conversation I'm having first _____

NEXT

NOW TURN IT ON YOURSELF.

Your son is watching how you handle your own life. The same honest look you just gave his influences, give to yours.

FREE, ABOUT 4 MINUTES

THE WHAT'S NEXT READINESS AUDIT

Five areas: physical capacity, family and relationships, financial margin, leadership and direction, and practical readiness. See where you're strong, where you're drifting, and the one thing to do this week.

Take it on the Prepare For What's Next site: [/audit](#)

EVERY SUNDAY, 15 MINUTES

THE WEEKLY STANDARD

A one-page reset for men people depend on. It comes with this download.

PREPARE FOR WHAT'S NEXT. RAISE THE STANDARD. · ANDERSON SALGADO