Quick Confidence Builds

The 24:7 Dad 12 HABITS OF CONFIDENT FATHERS by Christopher A. Brown

STEPPING OUT OF YOUR FATHERING COMFORT ZONE



Quick Confidence Builds are brief activities that practitioners can use when working with dads in face-to-face or virtual group-based or one-on-one settings. (The group-based version is described first.) These activities help build fathering confidence, a vital factor influencing dads' involvement in their children's lives. Dads only need pen and paper to write down information when instructed. The practitioner needs only something to record on when instructed, such as a flip chart or whiteboard when working with dads face-to-face or a virtual whiteboard or chat when working with them virtually. Estimated times include reflection, discussion, and facilitator feedback. The exact timing will depend on many factors, such as facilitator experience and skill, the size of a group, how comfortable dads are in sharing their experiences and ideas, and their commitment to growing in their fathering.

Source: The activities are inspired by *The 24:7 Dad: 12 Habits of Confident Fathers* by NFI President Christopher A. Brown. Visit confidentfathers.com to learn more about the book released June 2, 2026!

Quick Confidence Build: How Will I Step Out of My Fathering Comfort Zone?

Time: 20-25 minutes (group-based); 10-15 minutes (one-on-one)

The Goal: Help dads identify one way in which they'll challenge themselves to grow as a father.

Why This Matters: Growth in any endeavor involves doing things that make us uncomfortable. When dads step out of their comfort zone in fathering to do something that makes them uncomfortable, it helps them become an even better dad—and builds confidence that carries into future challenges.

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The Activity (Group-Based)

Step 1: The Last Time I Stepped Out of My Comfort Zone (5 minutes)

(*Write the term "Comfort Zone" on a flip chart or whiteboard.*)

ASK: When you see or hear the term "comfort zone," what comes to mind?

(*Record their responses.*)

ASK: When was the last time you stepped out of your comfort zone in any aspect of your life?

(*Record their responses.*)

(*For any who responded, pose the following question.*)

ASK: What was the outcome or result of stepping out of your comfort zone?

(*Record their responses. Listen for responses that show how discomfort led to reflection, learning, growth, or improved performance. If you get similar responses, acknowledge that as you share the following information.*)

SAY: Stepping out of your comfort zone refers to doing something that makes you uncomfortable—whether you choose it or circumstances require it. These experiences challenge you to reflect and learn, which can help you grow.

Step 2: Stepping Out of My "Fathering Comfort Zone" (6 minutes)

ASK: Has anyone stepped out of their "fathering comfort zone"—something that made you uncomfortable as a father? Raise a hand if you have.

(*If any raise a hand, ask each of them the following three questions. If no one raises a hand, skip to Step 3.*)

ASK: How did you step out of your "fathering comfort zone?"

(*Record their response.*)

ASK: Why did you do this?

(*Record their response.*)

ASK: What was the outcome or result?

Step 3: Expanding My Fathering Comfort Zone (6 minutes)

SAY: Building your confidence as a father requires stepping out of your comfort zone on a regular basis. The reason is your children are constantly developing. They present new challenges that require you to reflect, learn, and grow in your fathering. These challenges can make you uncomfortable, even vulnerable. Meeting those challenges can also require help from others.

(*Draw a circle on the flip chart or whiteboard. Write "Fathering Comfort Zone" inside it. Then draw a larger circle around the first circle. Write "Expand: Reflect + Learn + Grow" between it and the first circle.*)

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SAY: The lasting outcome of stepping out of your comfort zone is that you expand it—and make future challenges feel more manageable. And that's what becoming a more confident father looks like.

ASK: What's one thing you need to do next—or for the first time—that would push you to step out of your fathering comfort zone?

(*Record their responses. For any who responded, ask the following question.*)

ASK: Is there anyone who could help you do that?

Step 4: Wrap Up (4 minutes)

SAY: Before our time ends, take two minutes to write down the one thing you'll do within the next week to expand your fathering comfort zone. Be sure to include why you'll do it and anyone whose involvement will help you.

(*Spend the remaining time having as many as possible share their plan.*)

The Activity (One-on-One)

Step 1: The Last Time I Stepped Out of My Comfort Zone (2 minutes)

(*Write the term "Comfort Zone" on a flip chart or whiteboard.*)

ASK: When you see or hear the term "comfort zone," what comes to mind?

(*Record his response.*)

ASK: When was the last time you stepped out of your comfort zone in any aspect of your life?

(*Record his response.*)

ASK: What was the outcome or result of stepping out of your comfort zone?

(*Record his response. Listen for responses that show how discomfort led to reflection, learning, growth, or improved performance. If he gives a similar response, acknowledge that as you share the following information.*)

SAY: Stepping out of your comfort zone refers to doing something that makes you uncomfortable—whether you choose it or circumstances require it. These experiences challenge you to reflect and learn, which can help you grow.

Step 2: Stepping Out of My "Fathering Comfort Zone" (3 minutes)

ASK: Have you ever stepped out of your "fathering comfort zone"—something that made you uncomfortable as a father?

(*If he hasn't, skip to Step 3.*)

ASK: How did you step out of your "fathering comfort zone?"

(*Record his response.*)

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ASK: Why did you do this?

(*Record his response.*)

ASK: What was the outcome or result?

Step 3: Expanding My Fathering Comfort Zone (3 minutes)

SAY: Building your confidence as a father requires stepping out of your comfort zone on a regular basis. The reason is your children are constantly developing. They present new challenges that require you to reflect, learn, and grow in your fathering. These challenges can make you uncomfortable, even vulnerable. Meeting those challenges can also require help from others.

(*Draw a circle on the flip chart or whiteboard. Write "Fathering Comfort Zone" inside it. Then draw a larger circle around the first circle. Write "Expand: Reflect + Learn + Grow" between it and the first circle.*)

SAY: The lasting outcome of stepping out of your comfort zone is that you expand it—and make future challenges feel more manageable. And that's what becoming a more confident father looks like.

ASK: What's one thing you need to do next—or for the first time—that would push you to step out of your fathering comfort zone?

(*Record his response.*)

ASK: Is there anyone who could help you do that?

Step 4: Wrap Up (3 minutes)

SAY: Before our time ends, take two minutes to write down the one thing you'll do within the next week to expand your fathering comfort zone. Be sure to include why you'll do it and anyone whose involvement will help you. Then share your plan with me.

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