

THE SUPERNOVA LAB

2026

The Mindful Fatherhood
PROJECT

A PERSONAL JOURNAL ON FATHERHOOD, IDENTITY, AND STRESS

A PERSONAL JOURNAL FOR FATHERS

Fatherhood, Identity & Stress

Reflections from the workshop -- to carry with you

This journal belongs to you.
There are no right answers here -- only honest ones.
What you write, reflect on, and choose to do next
is an act of courage and love for your family.

Who Am I as a Father?

Take a moment. Breathe. Then write 3-5 words that feel true right now.

As a father, I am...

Our identity as fathers is layered. It can hold pride and struggle at the same time.
That's not a contradiction -- that's being human.

What I Carry -- What I Leave

Think about the father figure(s) in your life. What gifts did they pass on? What patterns are yours to break?

I Carry Forward	I Leave Behind

*We inherit patterns unconsciously.
Choosing to reflect on them -- like you're doing right now -- is how we begin to change them.*

A Breath to Come Back To

Whenever you feel overwhelmed, reactive, or disconnected -- try this practice:

- | | |
|---|---|
| 1 | Sit comfortably. Feel your feet on the floor. |
| 2 | Slow inhale through your nose for 4 counts. |
| 3 | Hold gently for 2 counts. |
| 4 | Long exhale through your mouth for 6 counts. |
| 5 | Repeat 3-5 times. Notice what shifts. |

After trying this practice, I noticed...

What It Means to Provide

Being a provider is more than a paycheck. Consider everything you already give:

Financial support	Emotional availability
Safety & protection	Listening without judgment
Quality time & presence	Modeling self-care

One way I provide for my family that I don't always give myself credit for...

Mapping My Stress

Not all stress is created equal. Sorting it can help you breathe easier.

What I Control <i>inner circle</i>	What I Influence <i>middle circle</i>	What I Cannot Control <i>outer circle</i>
--	---	---

In each zone below, write what belongs there for you right now:

What I control:

What I influence:

What I cannot control (and am learning to release):

*"You don't have to carry everything.
Focus your energy where it can make a difference."*

Workshop Reflections

Use these prompts whenever you need to reconnect with yourself.

On your identity

Something I realized about myself as a father today...

A pattern I want to change -- and one small step I can take...

On strength & vulnerability

Something I've been carrying alone that I could share with someone I trust...

What 'being strong' means to me now -- in my own words...

On your children

The kind of father I most want my child to remember...

One thing I want to say -- or do -- with my child soon...

My Closing Reflection

One thing I want to release is...

One thing I want to strengthen is...

My Commitment to Action

Check the actions you're committing to. Add your own at the bottom.

	Schedule 1-on-1 time with my child this week
	Practice the breathing exercise once a day
	Do an emotional check-in with myself or my child

	Reach out to someone I trust for support
	Journal once this week about my experience as a father
	Say something affirming to my child that I don't say enough

My own commitment:

Support & Resources

Reaching out is a sign of strength. Here are some places to start:

988 Suicide & Crisis Lifeline

Call or text 988 -- available 24/7 for mental health crises

SAMHSA National Helpline

1-800-662-4357 -- free, confidential support for mental health and substance use

Fathers Incorporated

www.fathersincorporated.com -- resources specifically for fathers

National Responsible Fatherhood Clearinghouse

www.fatherhood.gov -- programs, tools, and support for dads

Talk to Someone You Trust

A friend, family member, counselor, pastor, or mentor -- connection matters.

*"The work you do on yourself
is the greatest gift you give your children."*

Thank you for showing up today.