



The Cool Grandpa Engagement Assessment

Rate yourself from 1 (low) to 10 (high) on each item

PERSONAL INVOLVEMENT

1. I actively spend one-on-one time with each of my grandchildren.
2. I attend essential events in their lives.
3. I am familiar with their interests, hobbies, and challenges.
4. I communicate regularly (calls, texts, videos, etc.).
5. I create traditions or unique 'Grandpa Time.'
6. I share stories to pass on values and history.
7. I encourage and celebrate their achievements.

Group Total Score

RELATIONSHIP BUILDING

8. I listen more than I talk when with them.
9. I respect their individuality.
10. I support their parents' parenting goals.
11. I offer emotional support when needed.
12. I build relationships suited to each child's stage.
13. I stay connected, regardless of distance or schedule.
14. I create safe and fun environments together.

Group Total Score

15. I teach life skills or values through activity.	<input type="checkbox"/>
16. I model integrity, kindness, and resilience.	<input type="checkbox"/>
17. I involve my grandchildren in community and volunteer work.	<input type="checkbox"/>
18. I encourage curiosity and lifelong learning.	<input type="checkbox"/>
19. I document and share family wisdom.	<input type="checkbox"/>
20. I think about and live my legacy.	<input type="checkbox"/>
Group Total Score	<input type="checkbox"/>

21. I connect with other grandfathers for support.

22. I stay updated on generational trends.

23. I reflect on and grow from fatherhood.

24. I invest in my health for a longer life.

25. I value grandfatherhood as a key life role.

Total Score:

RANK YOURSELF

- If you see areas that you want to improve, please reach out to me and schedule a no-obligation one-on-one meeting where we can review your current situation and discuss where you want to be as a cool grandfather. Use this link to schedule a video chat with me today!
(<https://calendly.com/cool-grandpa/meeting-with-greg-payne>)