



The Cool Grandpa Podcast

Reflection & Connection Workbook

Inspired by the episode: Heart of the Fathers with Lee Ostler

Purpose: To build deeper connections and create a lasting legacy.

Reflection Questions:

Where am I choosing control instead of connection?

How do I respond to my grandchildren's emotions?

What past experiences shape how I show up today?

Where can I be more patient and present?

What kind of emotional legacy do I want to leave?



The Cool Grandpa Action Plan

(Check the box when you complete the steps in the plan)

- Send a handwritten note to a grandchild
- Listen without interrupting in your next conversation
- Acknowledge feelings without correcting them
- Apologize when needed
- Ask your grandchild to teach you something

The Cool Grandpa Weekly Connection Tracker

This week I connected by:

A moment I listened better:

A moment, I showed patience:

Something I learned from my grandchild:

What I will improve next week:



Personal Commitment

This week, I will...

This month, I will...

One relationship I will invest in is...

One habit I will change is...

My long-term legacy goal is...
