



husDOM Companion Playbook

For the Episode:

"Hunt or Hibernate: A Dominant Man's Choice"

By Mr. Fox | The husDOM Dominant Leadership Podcast

Exclusive Resource for Premium Members of The Fox's Den

1. Self-Assessment: Where Are You Settling?

Identify the areas of your life where you've been operating in 'survival mode' rather than leading with intention. Be honest and unfiltered.

- Relationship / Marriage
- Physical Health
- Career / Purpose
- Fatherhood / Presence
- Mental Discipline

Reflections:

3. Strategy Session: The V.P.D.B. Framework

Translate your vision into action using the husDOM V.P.D.B. model:

- V – Vision: The detailed outcome you want.
- P – Plan: Milestones and action steps to get there.
- D – Discipline: Habits and daily behaviors.
- B – Brotherhood: Your circle of accountability.

VISION:

PLAN:

DISCIPLINE:

BROTHERHOOD:

6. Daily Affirmations to Lead With Purpose

Use these affirmations to calibrate your masculine leadership energy each morning:

1. I am the architect of my legacy.
2. I pursue with clarity and conviction.
3. I lead my life, my partner, and my purpose without apology.
4. I do not settle. I build with vision and execute with honor.
5. I rise in the face of resistance.
6. I take responsibility for everything I influence.
7. I act like the man I want to become.