

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:		

2. Vision Exercise: Define "The Life I Want"

Use this space to write clearly and emotionally about the life you desire. What does		
extraordinary look like to you in key areas?		

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.
• B - Brother nood. Tour circle of accountability.
VISION:
PLAN:
DISCIPLINE:
BROTHERHOOD:

4. 30-Day Pursuit Tracker

Track your leadership execution and progress over the next 30 days.

Date	Action Step	Discipline (1–10)	Reflection / Adjustment

5. Weekly Reflection Prompts

What did I lead well this week?Where did I hesitate or fall into old patterns?What resistance did I push through?What will I amplify next week?

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.