



# THE COOL GRANDPA PODCAST

## Reflective Worksheet: 3-2-1 Reflection Worksheet

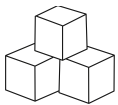
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### Why the Cool Grandpa 3-2-1 Worksheet?

The **Cool Grandpa 3-2-1 Reflection Worksheet** gives you a simple weekly rhythm to:

- Reflect on your role as a grandfather
- Start deeper conversations with your grandchildren
- Take one meaningful action that strengthens your relationship

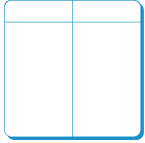
It takes **less than 10 minutes a week**—and can make a lifelong difference.



### 3 Take a Pause

**Think about using the power of the pause with your grandchildren.**

- Did I let them finish speaking?
  - Was the pause long enough to allow the conversation to breathe?
  - Am I truly listening?
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## 2 Reflect Twice

Plan two intentional conversations this week where you will practice reflecting with the person:

- One with a grandchild
- One with a spouse, adult child, or friend

Remember to use only a couple of reflective statements.

You'll discover what matters most to the next generation.

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## 1 Question

Only ask one question. Make it open-ended. Follow up after a pause to really listen before restarting the 3-2-1 cycle.

- Only ask one question per cycle. (I know you are dying to ask more, but practice listening and not talking.)
  - Let your grandchild drive the conversation. Don't step in and fix anything unless they've asked.
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## Reflection Prompts for Grandfathers

**Grandparents, use these prompts to guide your thinking and writing:**

- How can I help my grandchild feel like a true partner in our relationship?
- What skills or habits helped me succeed that I can model or teach?
- How can I encourage curiosity, resilience, and confidence in my grandchild?
- What legacy lesson do I want them to remember from me?