

**MODULE 1 — PROPER PARENTING MATTERS**

# **BUILDING THE FOUNDATION**

*Parenting by Design, Not by Default*

**TOOL 1 — Your Parenting Blueprint**

## **PART 1 — YOUR PARENTING PHILOSOPHY**

**Most parents have never written down what they actually believe about parenting. Answer honestly — not how you think you should, but how you actually live.**

**1. What is the primary goal of your parenting?**

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**2. What values are non-negotiable in your home?**

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**3. What does success look like for your child at age 18?**

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**4. In one sentence — state your parenting philosophy:**

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## **PART 2 — PARENTING SELF-ASSESSMENT**

**Rate yourself 1 (rarely true) to 5 (consistently true). This is not a guilt exercise — it is a growth map.**

<b>STATEMENT</b>	<b>1 – 5</b>
<b>I parent with a clear, intentional goal in mind</b>	
<b>My spouse and I are aligned in our parenting approach</b>	
<b>My home has a defined culture — clear values and expectations</b>	
<b>I discipline consistently, not based on my mood</b>	
<b>I spend intentional, undistracted time with my child daily</b>	
<b>I am actively shaping character, not just managing behavior</b>	

TOTAL SCORE: \_\_\_\_\_ / 30 24–30 = Strong foundation. 15–23 = Key areas need attention. Below 15 = Redesign starts today.

### PART 3 — HOME CULTURE AUDIT

Every home has a culture — formed intentionally or by default. Check every statement that is currently true in your household.

We have defined family values

We eat together regularly

We pray / worship together

Screen time has clear limits

Children know the house rules

We celebrate character, not just grades

Conflict is resolved, not avoided

Faith is practiced, not just talked about

Children have real responsibilities

We speak encouragement daily

How many did you check? \_\_\_\_\_ / 10 Which 2 will you address first?

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### PART 4 — COUPLES ALIGNMENT CHECK

Answer individually, then compare. Mark D (Disagree), P (Partial), A (Agree).

STATEMENT	SPOUSE 1	SPOUSE 2
We agree on how to discipline our children		
We present a united front — never undermine each other		
We have discussed our parenting philosophy together		
We agree on the role of faith in our children's upbringing		
We protect our marriage while raising our children		
We have discussed what success looks like for our family		

Where are your biggest gaps as a couple? What will you discuss this week?

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## PART 5 — YOUR 30-DAY PARENTING BY DESIGN ACTION PLAN

Default parenting reacts. Intentional parenting plans. Complete this section before you close this module. These are your commitments — not goals.

**ONE THING I will start doing immediately as a parent:**

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**ONE THING I will stop doing that is undermining my parenting:**

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**The home culture change I will make this month:**

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**How my spouse and I will get aligned on parenting this week:**

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**The parenting resource, book, or support I will pursue:**

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## PARENTAL COMMITMENT DECLARATION

**I reject default parenting. I commit to leading my home with intention — a clear goal, a defined culture, and a daily decision to shape my child's character on purpose. My child deserves a parent who shows up by design.**

**Parent / Couple Signature**

**Date**