

MODULE 3 — PROPER PARENTING MATTERS

DISCIPLINE THAT ACTUALLY WORKS

Authority, Boundaries, and Raising Children Who Obey from the Inside Out

TOOL 3 — Your Discipline Blueprint

PART 1 — DISCIPLINE SELF-AUDIT

Before you can discipline effectively, you must know where you are starting from. Answer these questions honestly. Your answers reveal your current discipline pattern — and where transformation needs to begin.

1. How do I typically respond when my child disobeys?

2. Do I discipline consistently or based on my mood? Be specific:

3. What discipline method do I use most — and is it working?

4. Does my child obey out of fear, habit, or genuine respect?

PART 2 — THE 3 C'S OF EFFECTIVE DISCIPLINE

Effective discipline is Consistent, Calm, and Connected. Rate yourself in each area. Score 1 (rarely) to 5 (always).

PRINCIPLE	WHAT IT LOOKS LIKE	1-5
CONSISTENT	Same rule. Same consequence. Every time. Regardless of my mood or audience.	
CALM	I correct without yelling, threatening, or reacting in anger.	
CONNECTED	My discipline is tied to relationship. My child knows I am for them, not against them.	
CLEAR	My child knows the rules, the reasons behind them, and exactly what will happen if broken.	
CHARACTER-FOCUSED	I discipline to build who they are — not just to stop what they are doing.	

TOTAL: _____ / 25 20-25 = Strong. 13-19 = Key gaps exist. Below 13 = Full reset needed.

PART 3 — THE CONSEQUENCE BUILDER

Effective consequences are decided in advance — not invented in anger. Complete this table for your most common discipline challenges. Knowing your response before the behavior occurs changes everything.

BEHAVIOR / OFFENCE	IMMEDIATE CONSEQUENCE	IF REPEATED
Defiance / Direct disobedience		
Lying or deception		
Disrespect to a parent		
Sibling conflict / fighting		
Screen time violation		
Incomplete responsibilities		

PART 4 — DISCIPLINE VS PUNISHMENT: KNOW THE DIFFERENCE

Punishment produces compliance. Discipline produces character. Most parents default to punishment without realizing it. Use this table to identify which you are using — and upgrade your approach.

PUNISHMENT	DISCIPLINE
Focuses on the past offense	Focuses on future behavior
Motivated by parental frustration	Motivated by the child's growth
Child feels shame and fear	Child feels corrected and still loved
Teaches "don't get caught"	Teaches "this is wrong — and why"
Stops behavior temporarily	Builds character permanently
Driven by mood	Driven by principle

Which column describes how I most often discipline my child?

PART 5 — COUPLES DISCIPLINE ALIGNMENT

Inconsistency between parents is the single greatest destroyer of discipline effectiveness. Answer individually, then discuss together. Mark A (Agree), P (Partial), D (Disagree).

STATEMENT	SPOUSE 1	SPOUSE 2
We agree on which behaviors require immediate correction		
We never undermine each other's discipline in front of the children		
We use the same consequences for the same offenses		
We discuss discipline disagreements privately — not in front of the kids		
We are both consistent — not one strict parent and one pushover		
We agree that discipline is about character, not just behavior control		

Our biggest discipline disagreement as a couple — and how we will resolve it:

PART 6 — YOUR 30-DAY DISCIPLINE ACTION PLAN

The discipline method I am stopping immediately because it is not working:

The one rule in my home I will enforce consistently starting today:

How I will correct my child's next offense calmly and with connection:

PARENT DECLARATION

I commit to disciplining with purpose — not reacting from frustration. I will be consistent, calm, and connected. I will correct behavior and build character at the same time. My child will know that my discipline is always driven by love.

Parent / Couple Signature

Date