

The Seven Skills of Conscious Discipline



Composure

Being the person
you want others to become.



Smile
Take a Deep Breath
And
Relax

Power of Perception

No one can make you angry without your
permission.

Assertiveness

What you focus on, you get more of.



Power of Assertiveness

Did you like it?

Go tell _____,

“I don’t like it when you _____.”

Please _____.

(Tell them what you’d like them to do instead.)

Choices

The only person you can
“make” change is yourself.



Power of Free Will

You may _____ or _____.
What's best for you?

Positive Intent

See the best in others.



The Power of Love

You wanted _____.

You may not _____, _____ hurts.

When you want _____

say or do _____.

Empathy

The moment is as it is.

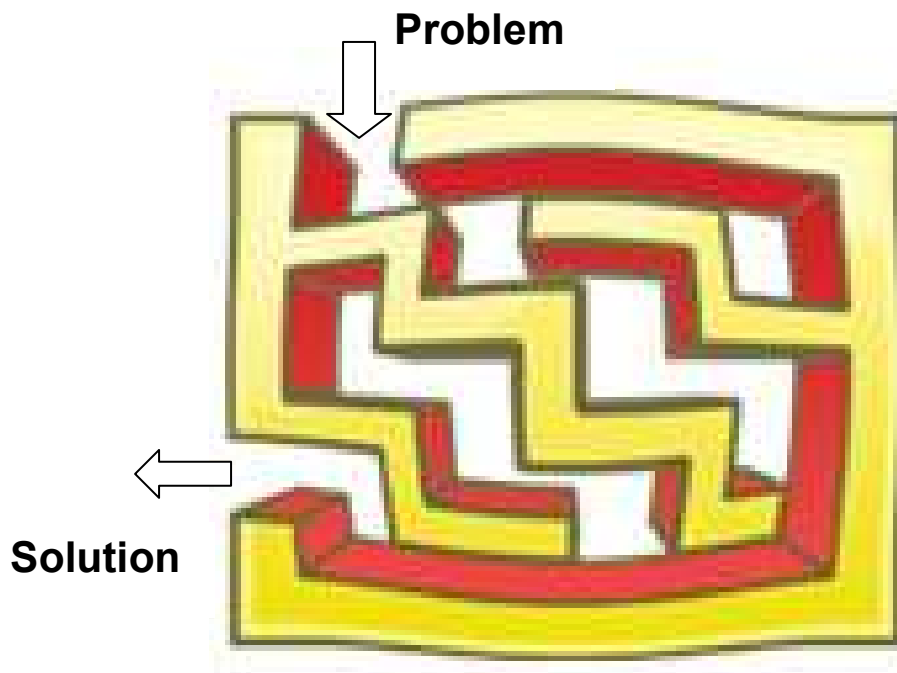


Power of Acceptance

You seem _____.
Something must have happened.

Consequences

Mistakes are opportunities to learn.



Power of Intention

You may _____ or _____.

If you _____ again, you will _____.

Tell me what will happen if you _____ again.
