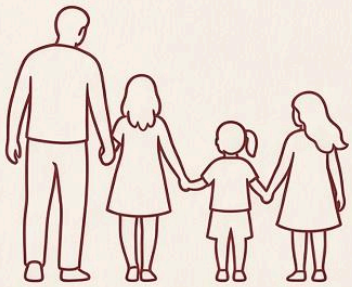
The 14-Day Family Honesty Tracker



- [ ] Day 1
- [ ] Day 2
- [ ] Day 3
- [ ] Day 4
- [ ] Day 5
- [ ] Day 7
- [ ] Day 8
- [ ] Day 9
- [ ] Day 10
- [ ] Day 12
- [ ] Day 13
- [ ] Day 14

Honesty builds trust. Keep going.

THE 14-DAY FAMILY HONESTY TRACKER

Small Daily Actions. Stronger Honesty Habits.

A limited-time companion to The Truth-Safe™ Approach to Childhood Lying

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1 — START YOUR FAMILY RESET

Parent's name: _____

Child's name: _____

Start date: _____

The honesty behaviour we are working on:

What usually makes this difficult?

What I will do differently as the parent:

What my child can practise instead of lying:

Use this tracker as a supportive conversation tool, not a punishment chart.

2 — DAYS 1–7

Mark each day after completing the activity.

Day	Daily action	Done
1	Observe one honesty-related situation	☐
2	Practise pausing before reacting	☐
3	Correct behaviour without labels	☐
4	Identify a common lying trigger	☐
5	Identify a possible reason behind the lie	☐
6	Ask one calm, open question	☐

7	Practise an honest replacement phrase	☐

This week's most helpful change:

Something we still need to practise:

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3 — DAYS 8–14

Day	Daily action	Done
8	Practise making amends after a mistake	☐
9	Use a reasonable, connected consequence when needed	☐
10	Acknowledge an honest response	☐

11	Give one age-appropriate responsibility	☐
12	Hold a calm family check-in	☐
13	Review the family honesty agreement	☐
14	Celebrate progress and set the next goal	☐

What improved over the two weeks?

Our next honesty goal:

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4 — WEEKLY HONESTY CHECK-IN

Rate each behaviour based on what you actually observed.

Behaviour	Needs support	Improving	Consistent
Tells the truth about mistakes	☐	☐	☐
Asks for help when needed	☐	☐	☐
Accepts responsibility	☐	☐	☐
Makes amends after mistakes	☐	☐	☐
Follows agreed rules	☐	☐	☐

Parent reflection

Did I respond calmly when something went wrong?

Did I notice and acknowledge honesty?

What support does my child need next?

Do not use this scorecard to compare siblings or shame a child.

5 — OUR FAMILY HONESTY AGREEMENT

IN THIS HOUSE, WE TELL THE TRUTH

We agree to:

1. Tell the truth, even when we make mistakes.
2. Listen without humiliation or threats.
3. Accept responsibility for our actions.
4. Repair harm when possible.
5. Ask for help when something is difficult.
6. Give each other opportunities to rebuild trust.

Our family's special honesty rule:

One thing we will practise together:

Parent signature: _____

Child signature (optional): _____

Date: _____

Our family reminder:

"We can make mistakes, tell the truth, take responsibility, and try again."