Self-Diagnostic Survey: User Guide

The Self-Diagnostic survey provides a clear picture of how fully Conscious Discipline's S.A.F.E. Framework is implemented in your school, program, or district. It also pinpoints the practices and elements that can most effectively support your next phase of growth with us. Upon completion, you'll receive a personalized snapshot highlighting your strengths and opportunities across all four S.A.F.E. domains.

There are no wrong answers. This is a reflection, not a test — honest responses give you the most useful results.

Three Questions It Answers

Question	Answer
1. Where am I?	Your current level across Sustained Leadership (S), Adult Self-Regulation (A), Fostering Community (F), and Engaged Classroom (E).
2. What does good look like?	Clear benchmarks for each S.A.F.E. domain at every level.
3. What are the outcomes?	Measurable impact on behavior, culture, and key metrics.

What It Measures

The diagnostic maps to the four domains of the S.A.F.E. Framework — Conscious Discipline's model for school and district implementation:

	Title	Focus	Description
S	Sustained Leadership	LEADERSHIP	We empower leaders to drive sustainable change through embedded practices, data-informed systems, and consistent implementation.
A	Adult Self-Regulation	ADULT MINDSET	We start with the adult. By building self-awareness, emotional regulation, and composure, educators model the behavior they want to see.
F	Foster Community	CULTURE & SYSTEMS	We foster strong, meaningful relationships through rituals, inclusive practices, and systems that prioritize empathy and connection.
E	Engaged Classrooms	CLASS MANAGEMENT	We design physical and emotional spaces that promote safety, reduce conflict, and optimize learning.

What to Expect

The survey walks you through four steps:

Step	Title	Description
1	A moment to reflect	A brief overview of Conscious Discipline and S.A.F.E., followed by your agreement to continue.

2	Tell us about yourself	Select your role — Program Director / Executive Director, Program Manager, District Administrator, School Leader, Curriculum and Instruction Leader, Teacher, Parent, or Other (write in your role). Then choose which areas your organization is focused on right now — school climate, staff burnout, behavior, family engagement, leadership, and more.
3	Your Self-Diagnostic	Rate statements across all four S.A.F.E. areas — one screen per domain — based on what's true for your school or system today.
4	Almost done	Share your name, email, and organization so we can connect with you — your organization's S.A.F.E. snapshot appears on the next screen.

How the rating works: In Step 3 you'll rate statements about your school using a Likert scale — for example, "Adults in our learning environment model composure under stress" or "Children feel emotionally safe and connected". Rate what's true now, not what you're working toward.

Your Results

Each S.A.F.E. domain gets a score from 0 to 100:

Score	Label	What it means
0–40	Awareness	You're at the beginning of the journey — recognizing the need for change and building foundational understanding, with practices not yet consistently in place.
41–65	Acceptance	You've embraced the approach and are committed to it — early practices are emerging, though implementation is still inconsistent across people and settings.
66–85	Application	Practices are actively and intentionally being used day-to-day — implementation is taking hold, with room to deepen consistency and skill.
86–100	Integration	The work is woven into the culture — practices are consistent, sustained, and second nature across your setting.

Your four domain scores combine into an overall score, which identifies your organization's Phase of Implementation — Phase 0: Discover and Align, Phase 1: Build Foundations, Phase 2: Classroom Implementation, or Phase 3: Deepen and Sustain. Your results page also highlights Conscious Discipline products aligned to your scores and phase.

After You Finish

Action	Description
Download Your Results	Save your results as a formatted PDF and share them with your team or leadership.
Connect with us	A member of our team will reach out to talk through your results and explore next steps with Conscious Discipline.

Quick Tips

- Find a quiet, uninterrupted space.
- Answer for now — not what you're aiming for.
- Reflect at the level you know best: your school, program, or system.

Questions? Reach out to Conscious Discipline directly at customercare@consciousdiscipline.com.