

THE

# FATHERHOOD COURT READINESS SCORE™

A Self-Assessment Tool for Fathers Navigating Custody

Before your next court date, you need to know exactly where you stand — not emotionally, but **strategically**.

This tool measures the 15 behaviors courts actually observe when evaluating parenting fitness. Rate yourself honestly. Your score reveals your current pattern — and your next move.

<b>15</b>	<b>1 – 10</b>	<b>4 Zones</b>
Core Traits Measured	Score Per Trait	Custody Readiness

## HOW TO USE THIS ASSESSMENT

# Rating Instructions

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Rate yourself from **1 to 10** on each of the 15 traits. Use the scale honestly — this tool only works if you do.

- 1** Rarely true — this behavior is not part of my pattern
- 5** Sometimes true — inconsistent, depends on circumstances
- 10** Consistently true — even under pressure, conflict, or stress

**"Be honest — this is about results, not ego."**

Courts see patterns. Your score reflects your current behavior, not your potential. The goal is clarity, not judgment.

THE 15-TRAIT SELF-ASSESSMENT

## Rate Each Trait 1 – 10

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1	<b>Emotional Regulation</b> <i>I remain calm and controlled, even during conflict.</i> Score: _____ / 10
2	<b>Consistency</b> <i>My parenting, routines, and behavior are predictable.</i> Score: _____ / 10
3	<b>Documentation Discipline</b> <i>I consistently document key events, communication, and issues.</i> Score: _____ / 10
4	<b>Child-Focused Decision Making</b> <i>My decisions prioritize my child's well-being over my emotions.</i> Score: _____ / 10
5	<b>Reliability</b> <i>I show up on time and follow through on commitments.</i> Score: _____ / 10
6	<b>Communication Control</b> <i>My communication is calm, clear, and not emotionally reactive.</i> Score: _____ / 10
7	<b>Boundary Enforcement</b> <i>I rely on structure and agreements — not arguments.</i> Score: _____ / 10
8	<b>Adaptability</b> <i>I adjust to my child's needs without losing structure.</i> Score: _____ / 10

9

**Initiative**

*I actively engage in my child's life without being prompted.*

Score: \_\_\_\_\_ / 10

10

**Stability**

*I provide a safe, structured, and stable environment.*

Score: \_\_\_\_\_ / 10

11

**Accountability**

*I take responsibility for my mistakes and improve.*

Score: \_\_\_\_\_ / 10

12

**Patience**

*I think long-term and avoid impulsive reactions.*

Score: \_\_\_\_\_ / 10

13

**Non-Retaliation**

*I do not react emotionally or seek to get even.*

Score: \_\_\_\_\_ / 10

14

**Pattern Awareness**

*I recognize and respond strategically to conflict patterns.*

Score: \_\_\_\_\_ / 10

15

**Vision-Driven Parenting**

*I have a clear vision for the father I am becoming.*

Score: \_\_\_\_\_ / 10

## CALCULATE YOUR RESULT

# Your Parenting Score

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**Step  
1**

Add all 15 scores together

**Total:** \_\_\_\_\_ / 150

**Step  
2**

Divide your total by 15

**Your Score:** \_\_\_\_\_ / 10

*"No father is a perfect 10 — but this score shows where you stand right now."*



### **8.0 – 9.5 | Custody Expansion Ready**

Strong candidate for 50/50 or increased time. Demonstrates stability, structure, and emotional control. Minor refinements needed.



### **6.0 – 7.9 | Progressing / Modification Potential**

Solid foundation with some inconsistencies. Current schedule likely maintained, but you can build toward expansion. Focus on 2-3 key areas.



### **4.0 – 5.9 | Visitation Stabilization Zone**

Risk of being perceived as inconsistent or reactive. Priority areas: structure, communication, and reliability.



### **1.0 – 3.9 | Court Concern Zone**

Requires immediate improvement to avoid negative outcomes. Priority is rebuilding credibility — not pursuing increased custody at this time.

## THE COACHING LAYER

# Your Score Is Not Your Identity

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Your score reflects your **current pattern of behavior**. Courts don't judge potential — they observe patterns over time. The good news: patterns can be changed deliberately, consistently, and strategically.

*Courts don't judge who you are.  
They judge what your behavior shows, repeatedly, over time.*

If your score is below an **8.0**, the question isn't whether you can improve — it's how fast you can improve **before your next court date**.

## TAKE THE NEXT STEP

# Get Expert Feedback on Your Score

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You don't need to figure this out alone. If you're serious about improving your position and becoming more strategic before your next court move, send your score directly to Coach Keith.

✉ **Email:** coach@keiththedadcoach.com

**Subject:** {Your Name} Fatherhood Readiness Score

EMAIL TEMPLATE

Coach Keith,

My Fatherhood Court Readiness Score is: **{insert score}**.

The areas I scored lowest in are:

— {Trait 1}

— {Trait 2}

— {Trait 3}

My current custody situation is:

*{Briefly describe your schedule and challenges}*

My goal is:

*{What you want to achieve — more time, better communication, less conflict, etc.}*

I'm ready to improve and would like guidance on my next steps.

Thank you,

**{Your Name}**

## Ready to Raise Your Score?

Work with a coach who understands both fatherhood and the courtroom.

→ Download your personalized Parenting Plan Guide

→ Book a 1-on-1 Custody Strategy Session

→ Join the Fatherhood Court Readiness Program