

Obedience 101: Becoming Trainable

MODULE 5 DAILY OBEDIENCE PLANNER

BY DOMME CLAIRE

Instructions

Use this worksheet to craft your personal obedience rhythm.
This isn't about being perfect—it's about being repeatable.
Choose rituals that feel doable, grounding, and meaningful—not flashy.

Obedience is built in the ordinary.
Make it part of your day.
Make it part of your identity.

When am I most
receptive to structure
—morning, midday,
or evening?

Your rituals should match your natural rhythm—not fight it.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What's one daily ritual that already helps me feel grounded or obedient?

Start from what's already working and build from there.

[illegible]

What gets in the way of daily obedience or follow-through?

List the patterns, distractions, or mindset traps that sabotage your structure.

[illegible]

Daily Obedience Menu

Choose 3–5 small, repeatable rituals that you'll commit to this week. They should be simple, no longer than 10–15 minutes each, and aligned with your training goals.

Here are some examples:

- Morning posture + mantra
- Wearing your collar (or symbolic equivalent)
- Silent kneeling for 5 minutes
- Daily check-in or journaling
- Stretching with obedience playlist
- Ritual task (from this course or your Dominant)

Repeat this tracker daily or weekly as needed.

Ritual	When I'll Do It	✓ Completed Today?

At the end of each day, how will I check in with myself?

Example: journaling, saying my mantra aloud, sending a report, kneeling in stillness.

[illegible]

What will I do when I miss a ritual or break consistency?

Choose a response that is self-accountable—not self-punishing.

[illegible]

My mantra for daily obedience is:

Choose a phrase that keeps you anchored and intentional.

Examples:

- "I serve through structure."
- "My rituals are my devotion."
- "Obedience lives in repetition."

My mantra:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Closing Ritual

Anyone can obey once. What shapes you is the ritual—the willingness to repeat obedience until it becomes who you are.

You've created your obedience structure.
Now it's time to let it settle into your body. Into your breath. Into your bones.

Sit or kneel in stillness.
Let your spine lengthen.
Place your hands on your thighs or heart.
Close your eyes.

Take a deep inhale through your nose.
Hold for four seconds.
Exhale slowly through your mouth.

Repeat this three times.
Let yourself soften with each breath.

Now, say your daily obedience mantra aloud:
Once for intention.
Once for integration.
Once as devotion.

"I serve through structure."
"My rituals are my devotion."
"Obedience lives in repetition."

Say it like you mean it. Say it like it matters.

Then whisper:

"This is how I become. This is how I serve."

Remain in stillness for 30 more seconds.
Let the stillness affirm your structure.
Let the silence become your obedience.

You may now proceed.