

Confidence-Building Checklist for Rescue Dogs

Use this checklist daily or weekly to help your rescue dog build trust, reduce fear, and gain confidence through gentle, consistent training.

Daily Connection

- I greeted my dog calmly and positively today
- I spent at least 5–10 minutes in quiet bonding time
- I used a gentle tone and avoided sudden movements

Safe Environment

- I provided a quiet, safe space for my dog to relax
- I avoided overwhelming situations or loud environments
- I respected my dog's boundaries when they showed fear

Training Progress

- I practiced one simple command (sit, stay, come)
- I rewarded calm and confident behavior immediately
- I kept training sessions short and positive

Confidence Moments

- My dog explored something new today
- My dog showed curiosity instead of fear
- I praised even small wins

Owner Reflection

- I remained patient and consistent

I noticed improvement (even small)

I ended the day on a positive note