



20: THE POWER OF CONFLICT RESOLUTION

Your Action Plan for Professionalism and Competitive Advantage

Action Planner

Reflect and Prepare

Name: _____

What Is Conflict Resolution?

Conflict resolution means managing tension in a respectful, clear, and productive way. It strengthens relationships, reduces stress, and grows your personal competitive advantage.

Why This Matters to Me

Why is conflict resolution important in your current or future life?

My Conflict Habits

When conflict shows up, I tend to: _____

What works about my approach: _____

What I'd like to handle better: _____

Belief Shift

Circle or write a belief to support your growth in conflict situations:

"Hard conversations build stronger teams."

"My tone and words shape the outcome."

"I can be calm and clear, even when it's tense."

"Resolving conflict is part of leadership."

Other: _____



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Conflict Practice + Progress

Name: _____

My 28-Day Conflict Resolution Focus

What situation, skill, or habit will you improve this month?

What conversation or strategy will you try? _____

How will you reflect or track your experience?

☐ Journal ☐ Practice notes ☐ Mentor feedback ☐ Personal reflection

Restart Plan

When I feel triggered or overwhelmed in conflict, I will:

☐ Pause and breathe

☐ Use my anchor phrase: "Clarity over conflict."

☐ Choose one respectful action or question

☐ Other: _____

Weekly Reflection Prompts

1. What conflict or tension came up this week and how did I handle it?

2. What worked well in how I responded?

3. What would I try differently next time?

4. How did this impact my confidence, team, or outcome?

28-Day Conflict Tracker

Focus situation or skill: _____

Week 1 ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 1 go? Circle one word:

☒ Calm ☒ Reactive ☒ Respectful
☒ Avoidant ☒ Direct ☒ Growing

Week 3 ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 3 go? Circle one word:

☒ Calm ☒ Reactive ☒ Respectful
☒ Avoidant ☒ Direct ☒ Growing

Week 2 ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 2 go? Circle one word:

☒ Calm ☒ Reactive ☒ Respectful
☒ Avoidant ☒ Direct ☒ Growing

Week 4 ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 4 go? Circle one word:

☒ Calm ☒ Reactive ☒ Respectful
☒ Avoidant ☒ Direct ☒ Growing