



21: THE POWER OF BEING BULLY-PROOF

Your Action Plan for Strength and Competitive Advantage

Action Planner

Reflect and Prepare

Name: _____

What Does It Mean to Be Bully-Proof?

Being bully-proof means knowing your worth, setting boundaries, and handling mistreatment with confidence and calm. It protects your peace, focus, and personal competitive advantage.

Why This Matters to Me

Why is being bully-proof important in your program, job, or life?

My Reactions and Boundaries

What I usually feel when disrespected: _____

What I wish I did more of: _____

One boundary I want to protect: _____

Belief Shift

Circle or write a belief that strengthens your confidence:

"I deserve respect in every space I'm in."

"Speaking up can be calm and powerful."

"Silence doesn't protect me—boundaries do."

"Being kind doesn't mean being passive."

Other: _____



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Bully-Proof Practice + Progress

Name: _____

My 28-Day Confidence Goal

What mindset, script, or skill will you build this month?

Where or when will you practice it? _____

How will you reflect or track your growth?

☐ Journal ☐ Role play ☐ Support check-in ☐ Weekly log

Restart Plan

When I feel small, disrespected, or unsure, I will:

☐ Use my anchor phrase: "I can handle this."

☐ Ask a trusted peer or mentor for support

☐ Re-center with breathing or grounding

☐ Other: _____

Weekly Reflection Prompts

1. When did I speak up or set a boundary this week?

2. How did I respond to tension or disrespect?

3. What supported me and what drained me?

4. What will I build or practice for next week?

28-Day Bully-Proof Tracker

Focus skill or boundary: _____

Week 1 ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 1 go? Circle one word:

☒ Calm ☒ Shaken ☒ Clear
☒ Passive ☒ Assertive ☒ Empowered

Week 3 ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 3 go? Circle one word:

☒ Calm ☒ Shaken ☒ Clear
☒ Passive ☒ Assertive ☒ Empowered

Week 2 ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 2 go? Circle one word:

☒ Calm ☒ Shaken ☒ Clear
☒ Passive ☒ Assertive ☒ Empowered

Week 4 ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 4 go? Circle one word:

☒ Calm ☒ Shaken ☒ Clear
☒ Passive ☒ Assertive ☒ Empowered