



My Negotiation Strategy Sheet

Name: _____

Helpful Words:

- **Negotiation** = talking through disagreements to find fair, respectful solutions
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = the ability to speak up, listen well, and find creative solutions

Directions:

Reflect using **writing or drawing**. Think about how you show up in tough conversations—and how you want to grow.

Use the back of this sheet if you need more space.

1. A time I solved a disagreement with respect was:

2. Something I want to get better at during tough conversations is:

3. One phrase that helps me negotiate kindly is:

4. My Negotiation Superpower helps me do these things:

5. One boundary I want to protect more clearly is:

6. Negotiation helps me grow my personal competitive advantage by:

7. This is how negotiation supports the lifestyle I want to live: