



My Conflict Resolution Plan

Name: _____

Helpful Words:

- **Conflict Resolution** = solving disagreements respectfully and thoughtfully
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = the emotional skills that help me lead, connect, and solve problems under pressure

Directions:

Use **writing or drawing** to reflect on how you handle conflict and how you'd like to grow.

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

1. One conflict I handled well in the past was:

2. One conflict I wish I had handled differently was:

3. A strategy that helps me stay calm during disagreements is:

4. My Conflict Resolution Superpower helps me do these things:

5. A respectful phrase I want to practice using is:

6. Conflict resolution helps me grow my personal competitive advantage by:

7. This is how healthy conflict resolution supports the lifestyle I want to live: