



My Conflict Resolution Plan

Name: _____

Helpful Words:

- **Conflict Resolution** = solving a disagreement calmly and fairly
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Write or draw your answers. Every peaceful choice makes us stronger!

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

1. A time I had a conflict with someone was:

2. One thing that helped me solve it was:

3. When I'm upset, I can stay calm by:

4. Here's something I could say to solve a problem peacefully:

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

6. Solving conflicts helps me grow my personal competitive advantage by:

7. This is how conflict resolution helps me live the lifestyle I want: