



21: THE MAGIC OF BEING BULLY-PROOF

Worksheet

My Bully-Proof Plan

Name: _____

Helpful Words:

- **Bully-Proof** = staying strong, calm, and confident when someone is unkind
- **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. Kindness is powerful—and so are you.

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

1. Something I can say if someone is unkind is:

4. Here's what my Bully-Proof Superpower looks like:

2. A way I can show confidence without being mean is:

5. Being bully-proof helps me grow my personal competitive advantage by:

3. One person I can talk to if I need help is:

6. This is how being bully-proof helps me live the lifestyle I want: