Reflect and Prepare

Name:

What Is Conflict Resolution?

Conflict resolution means managing tension in a respectful, clear, and productive way. It strengthens relationships, reduces stress, and grows your personal competitive advantage.

Why This Matters to Me

Why is conflict resolution important in your current or future life?

_____

_____

_____

_____

_____

_____

My Conflict Habits

When conflict shows up, I tend to: _____

What works about my approach: _____

What I'd like to handle better: _____

Belief Shift

Circle or write a belief to support your growth in conflict situations:

"Hard conversations build stronger teams."

"My tone and words shape the outcome."

"I can be calm and clear, even when it's tense."

"Resolving conflict is part of leadership."

Other: _____

©Mark C. Perna® - All Rights Reserved V1 I **markcperna.com**

CAREERTREE®

AUTHORED BY markcperna

Conflict Practice + Progress

Name:

My 28-Day Conflict Resolution Focus
What situation, skill, or habit will you improve this month?

What conversation or strategy will you try? _____
How will you reflect or track your experience?
❑ Journal ❑ Practice notes ❑ Mentor feedback ❑ Personal reflection

Restart Plan
When I feel triggered or overwhelmed in conflict, I will:
❑ Pause and breathe
❑ Use my anchor phrase: "Clarity over conflict."
❑ Choose one respectful action or question
❑ Other: _____

Weekly Reflection Prompts
1. What conflict or tension came up this week and how did I handle it?

2. What worked well in how I responded?

3. What would I try differently next time?

4. How did this impact my confidence, team, or outcome?

28-Day Conflict Tracker

Focus situation or skill: _____

Week 1 ❑ ❑ ❑ ❑ ❑ ❑ ❑
How did week 1 go? Circle one word:
✔ Calm ✔ Reactive ✔ Respectful
✔ Avoidant ✔ Direct ✔ Growing

Week 2 ❑ ❑ ❑ ❑ ❑ ❑ ❑
How did week 2 go? Circle one word:
✔ Calm ✔ Reactive ✔ Respectful
✔ Avoidant ✔ Direct ✔ Growing

Week 3 ❑ ❑ ❑ ❑ ❑ ❑ ❑
How did week 3 go? Circle one word:
✔ Calm ✔ Reactive ✔ Respectful
✔ Avoidant ✔ Direct ✔ Growing

Week 4 ❑ ❑ ❑ ❑ ❑ ❑ ❑
How did week 4 go? Circle one word:
✔ Calm ✔ Reactive ✔ Respectful
✔ Avoidant ✔ Direct ✔ Growing

©Mark C. Perna® - All Rights Reserved V1 | markcperna.com

CAREERTREE®
AUTHORED BY markcperna