

Tools to better understand each other and cultivate harmony



## Day 1

# Let's go for the challenge!

Congratulations, you're officially part of the 21-Day Challenge adventure! Bravo for your commitment to learning about conflict resolution and mediation! You're in the company of people who proactively deal with the quality of their relationships and contribute to a positive family atmosphere!

During this adventure, you'll face small daily challenges over 21 days that will help you better understand issues related to conflict resolution and, above all, give you more insight into yourself and others!

Try using a notebook to write down your thoughts throughout the challenge.

Welcome to the adventure!

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## Your challenge today

**Think about what can prevent you from resolving your conflicts peacefully.**

### About us:

Institut Pacifique is a charity organization devoted to develop, implement and promote expertise in terms of conflict resolution and psychosocial preventive issues in order to build violence free living environments and to support children, youths and adults psychosocial fulfilments.

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