




Write your issue down in one or two sentences



Use the *FlipIt* image cards to help identify the issue


Write down how you feel about your issue.



Use the *FlipIt* feelings and values card to help

The perspective I am currently coming from is:


When i come from this perspective, I see my issue as:



Use the *FlipIt* PowerTools to identify your current perspective

My flipped perspective is:

When i come from this perspective, I see my issue as:



Use the *FlipIt* PowerTools to identify your current perspective



ACTIONS

Write down up to three actions you can take that would shift your issue. They should be in the spirit of your new empowering perspective. (Give yourself a timeline)

ACTION 1:

timeline

ACTION 2:

timeline

ACTION 3:

timeline