

find
it.

CHOOSE YOUR
ISSUE OR
CHALLENGE

feel
it.

WORK OUT
HOW YOU FEEL
ABOUT IT

frame
it.

IDENTIFY YOUR
CURRENT
PERSPECTIVE

flip
it.

FLIP IT
FOR A BETTER
FUTURE

Write your issue down in one
or two sentences

Write down how you feel
about your issue.

The perspective I am currently
coming from is:

My flipped perspective is:



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



Use the *FlipIt* feelings and values
card to help



Use the *FlipIt* PowerTools to
identify your current perspective



Use the *FlipIt* PowerTools to
identify your new 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)

timeline

ACTION 2:

timeline

ACTION 3:

timeline

WORKSHEET