

**find
it.**

**CHOOSE YOUR
ISSUE OR
CHALLENGE**

**feel
it.**

**WORK OUT
HOW YOU FEEL
ABOUT IT**

**frame
it.**

**IDENTIFY YOUR
CURRENT
PERSPECTIVE**

**flip
it.**

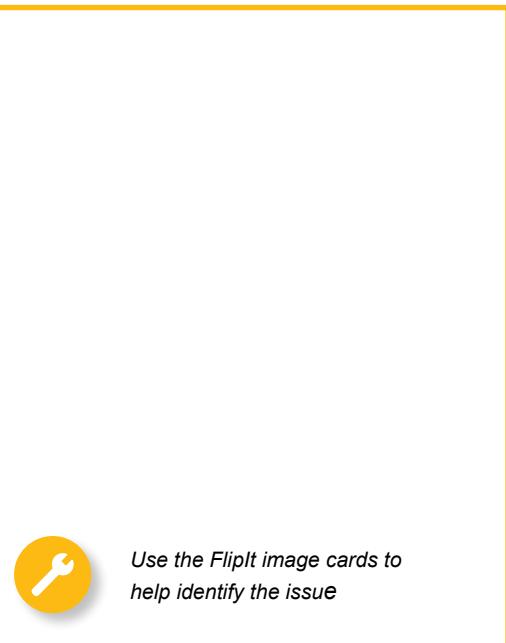
**FLIP IT
FOR A BETTER
FUTURE**

Write your issue down in one or two sentences

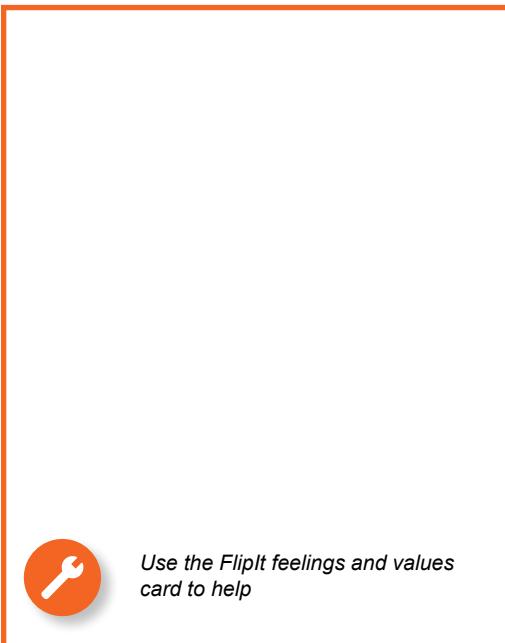
Write down how you feel about your issue.

The perspective I am currently coming from is:

My flipped perspective is:



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



 Use the *Fliplt feelings and values card* to help



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

 Use the *Fliplt PowerTools* to identify your current perspective



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

 Use the *Fliplt 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)

ACTION 1:

timeline

ACTION 2:

timeline

ACTION 3:

timeline