



find it **CHOOSE YOUR ISSUE OR CHALLENGE**

Write your issue down in one or two sentences.

feel it **WORK OUT HOW YOU FEEL ABOUT IT**

Write down how you feel about your issue.

“When I think about this issue I feel

frame it **IDENTIFY YOUR CURRENT PERSPECTIVE**

The perspective I’m currently coming from is: *(eg: Doubt)*

Describe your issue/challenge while coming from this perspective.

“When I am coming from a place of _____, I see my problem as:

flip it **FLIP IT FOR A BETTER FUTURE**

My flipped perspective is: *(eg: Trust)*

Describe your issue/challenge while coming from this *alternative* perspective.

“When I am coming from a place of _____, I see my problem as:

action

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)

1 _____

2 _____

3 _____

I feel ...

Excited	Appreciative
Grateful	Bitter
Confident	Loved
Proud	Suspicious
Hurt	Lonely
Uncertain	Satisfied
Sad	Bored
Playful	Betrayed
Envious	Upset
Daring	Free
Surprised	Embarrassed
Hopeless	Ashamed
Disappointed	Happy
Confused	Calm
Tired	Pessimistic
Fearful	Distressed
Powerless	Critical
Outraged	Resentful
Optimistic	Hopeful
Anxious	Scared
Exhausted	Overwhelmed
Angry	Judged
Content	
Insecure	

I value ...

Adventure	Honesty
Curiosity	Reputation
Integrity	Health
Security	Kindness
Peace	Responsibility
Generosity	Relationships
Courage	Fairness
Fun	Creativity
Transparency	Diversity
Unity	Wealth
Growth	Recognition
Success	Justice
Independence	Compassion
Respect	Balance
Love	Forgiveness
Wisdom	Contribution
Faith	Learning
Life	Family
Authenticity	Freedom
Happiness	Openness
Harmony	Beauty
Loyalty	Spirituality
Stability	Boldness
Humor	