

THE NEW YORK TIMES BEST SELLER THE FIP PUPPER Break Free of the Behaviors That Hold You Back FLIP FLIPPEN Strengths: (List several:)	TrAction Plan Name: Date: Goal: (What do you want to accomplish?)
Top I or 2 Constraints: (State them and provide brief comments.)	

TrAction Steps: (Start/Stop List - Measurable, specific comments. I will...)

Accountability: (Describe a practical process and list names.)