

TIP SHEET

Transforming Impossible into Possible (TIP) Student Handout

Please list one **barrier**

1.



Please list two **hope actions** as you commit to them

1.

2.



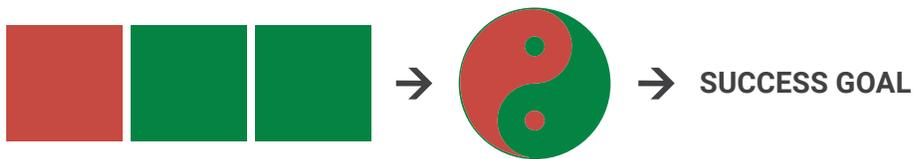
If I run into a **BARRIER** like _____ that makes me believe it is **IMPOSSIBLE** to achieve what I want, **then** I will take the following **HOPE ACTIONS** of _____ and _____ to make it **POSSIBLE** to achieve what I want.



Please sign below as a contract with yourself to commit to the **HOPE ACTIONS**.

Name: _____ **Date:** _____

Because I run into a **BARRIER** like _____ that makes me believe it is **IMPOSSIBLE** to achieve what I want, **then** I will take the following **HOPE ACTIONS** of _____ and _____ to make it **POSSIBLE** to achieve what I want.



Please sign below as a contract with yourself to commit to the **HOPE ACTIONS**.

Name: _____ **Date:** _____

Citation

Hong, P. Y. P. (2016). Learning to TIP: Introduction. Center for Research on Self-Sufficiency. Loyola University Chicago.