WOOP Student Example

WOOP helps people do the things they really want to do.

W WISH

What is an important wish that you want to accomplish? Your wish should be challenging but feasible.

My wish: *Get an A on my biology quiz*

O OUTCOME

What will be the best result from accomplishing your wish? How will you feel?
Pause and really imagine the outcome.

Best outcome: *I'll feel proud*

O OBSTACLE

What is the main obstacle inside you that might prevent you from accomplishing your wish?
Pause and really imagine the obstacle.

My obstacle: *I procrastinate*

P PLAN

What's an effective action to tackle the obstacle? Make a when-then plan.

When: *I finish dinner*

Then I will:
(my action) *Make 5 flash cards*

V.2

WOOP Annotated Exemplar

WOOP helps people do the things they really want to do.

W — WISH

What is an important wish that you want to accomplish? Your wish should be challenging but feasible.

Specific; requires self-control; can be accomplished in time frame

My wish: Get an A on my biology quiz

O — OUTCOME

What will be the best result from accomplishing your wish? How will you feel?
Pause and really imagine the outcome.

Fulfilling and motivating; clearly visualized; reduced to most crucial aspects

Best outcome: I'll feel proud

O — OBSTACLE

What is the main obstacle inside you that might prevent you from accomplishing your wish?
Pause and really imagine the obstacle.

Inner obstacle, not outside barrier; clearly visualized; reduced to most crucial aspects

My obstacle: I procrastinate

P — PLAN

What's an effective action to tackle the obstacle? Make a when-then plan.

Observable action rather than internal decision

When: I finish dinner

Student has all resources/skills needed to implement plan

Then I will:
(my action) Make 5 flash cards

V.2

WOOP Teacher Example

WOOP helps people do the things they really want to do.

W — WISH

What is an important wish that you want to accomplish? Your wish should be challenging but feasible.

My wish: *Grade all unit exams before Monday*

O — OUTCOME

What will be the best result from accomplishing your wish? How will you feel?
Pause and really imagine the outcome.

Best outcome: *Less stress; kids get feedback*

O — OBSTACLE

What is the main obstacle inside you that might prevent you from accomplishing your wish?
Pause and really imagine the obstacle.

My obstacle: *Write too much feedback*

P — PLAN

What's an effective action to tackle the obstacle? Make a when-then plan.

When: *I grade exams*

Then I will: (my action) *time myself for 4 min per exam*

V.2