

WOOP

Name _____

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:

O

OUTCOME

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

Best outcome:

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:

P

PLAN

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

When:

**Then I will:
(my action)**
