



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

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

My wish:

1

## OUTCOME

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

Best outcome:

2

## OBSTACLE

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

My obstacle:

3

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

When:

Then I will (my action):

4