

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)**

WOOP

EXAMPLE

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

<h1>W</h1>	WISH What is an important wish that you want to accomplish? Your wish should be challenging but feasible.	My wish: <i>Get an A on my biology quiz</i> <i>Specific; requires self-control; can be accomplished in time frame</i>
<h1>O</h1>	OUTCOME What will be the best result from accomplishing your wish? How will you feel? Pause and really imagine the outcome.	Best outcome: <i>I'll feel proud</i> <i>Fulfilling and motivating; clearly visualized; reduced to most crucial aspects</i>
<h1>O</h1>	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>I procrastinate</i> <i>Inner obstacle, not outside barrier; clearly visualized; reduced to most crucial aspects</i>
<h1>P</h1>	PLAN What's an effective action to tackle the obstacle? Make a when-then plan.	When: <i>I finish dinner</i> Then I will: (my action) <i>Make 5 flash cards</i> <i>Observable action rather than internal decision</i> <i>Student has all resources/skills needed to implement plan</i>