WOOP: Wish, Outcome, Obstacle, Plan

Date _____

W Wish

A wish that matters to you: challenging, but possible. Write it in a few words.

O Outcome

The best result of reaching it. Picture it for a moment: how would it feel?

O Obstacle

What is it in you that could hold you back? A habit, a feeling, a thought.

P Plan

One action for when the obstacle shows up, as an if-then plan.

If

then I will