

WOOP Checklist:

WISH

- Specific and **important to YOU**
- Can be accomplished in time frame
- Challenging but **feasible**

OUTCOME

- Fulfilling and **motivating**
- Clearly visualized** (Close your eyes and really imagine it)
- Reduced to most crucial aspects

OBSTACLE

- Inner obstacle, not outside barrier (it must be **something you have control over**)
- Clearly visualized
- Reduced to most crucial aspects

PLAN

- Stated as “when ... then...” (What is **the exact thing you will do?**)
- Observable action rather than internal decision (**what does it look like?**)
- You have all resources or skills needed to implement plan
- Plan should be easy to remember

WOOP Student Activity

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

<h1>W</h1>	<p>WISH</p> <p>What is an important wish that you want to accomplish? Your wish should be challenging but feasible.</p>	<p>My wish: _____</p>
<h1>O</h1>	<p>OUTCOME</p> <p>What will be the best result from accomplishing your wish? How will you feel? Pause and really imagine the outcome.</p>	<p>Best outcome: _____</p>
<h1>O</h1>	<p>OBSTACLE</p> <p>What is the main obstacle inside you that might prevent you from accomplishing your wish? Pause and really imagine the obstacle.</p>	<p>My obstacle: _____</p>
<h1>P</h1>	<p>PLAN</p> <p>What's an effective action to tackle the obstacle? Make a when-then plan.</p>	<p>When: _____</p> <p>Then I will: (my action) _____</p>