**Name**  Click or tap here to enter text. **Period** Click or tap here to enter text. **Assignment #** Click or tap here to enter text.

WOOP Reflection and Update

**My career goal is:** Click or tap here to enter text.

1. **Reread your previous WOOP**
2. **In the space below, reflect on the following:**

**Rate your progress towards your wish on a scale of 1 to10 and provide reasons for your rating**

Click or tap here to enter text.

**Describe an obstacle you overcame and explain how you did it, or describe an obstacle you failed to overcome and explain why you failed**

Click or tap here to enter text.

**Explain what you will do to improve**

Click or tap here to enter text.

**W**ish:

**Your wish must be aligned to your career goal and accomplishable within 2 to 3 weeks**

Click or tap here to enter text.

**O**utcome:

**Your outcome must be intrinsically motivated.**

Click or tap here to enter text.

**O**bstacle:

Click or tap here to enter text.

**P**lan:

Click or tap here to enter text.