

WOOP exercise written

Before you start with the WOOP exercise, please bring to mind that WOOP is different from other exercises: it involves your thoughts and images rather than rational or effortful thinking.

Take a deep breath and make yourself comfortable. It is critical that no interruptions occur during the exercise. Phones and electronic devices should be shut off and put away. Start the WOOP session when you feel calm and comfortable.

Wish

Think about the next four weeks*. What is your most important wish or concern? Pick a wish that feels challenging but that you can reasonably fulfill within the next four weeks.

Note your **W**ish in 3-6 words: _____

*You can also set another timeframe (e.g., 24 hours, 12 months).

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Outcome

What would be the best thing, the best outcome about fulfilling your wish? How would fulfilling your wish make you feel?

Note your best Outcome in 3-6 words: _____



Now take a moment and imagine this best outcome. Imagine it as fully as you can. Write your thoughts down:

Obstacle

What is it **within you** that holds you back from fulfilling your wish? It might be an emotion, an irrational belief, or a bad habit. Think more deeply—what is it really? Identify your main **inner** obstacle.

Note your Obstacle in 3-6 words: _____



Now take a moment and imagine your main inner obstacle. Imagine it as fully as you can. Write your thoughts down:

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Plan

What can you do to overcome your obstacle? Identify one effective action you can take or one effective thought you can think to overcome your obstacle.

Note your action or thought in 3-6 words: _____

Make the following Plan:

If... (obstacle you named), then I will ... (action or thought you named).

Fill in the blanks below:

If... _____, then I will... _____
(your obstacle) (your action or thought to overcome obstacle)

Slowly repeat and imagine this if-then plan one more time.

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This was the four-step WOOP exercise. WOOP always works the same:

- W** You first name a **wish**.
- O** Then you name the very best **outcome** and imagine this outcome.
- O** Then you name your main inner **obstacle** and imagine this obstacle.
- P** Finally, you make a plan, an **if-then plan** of how to overcome the obstacle.

You can use WOOP for short-term as well as for long-term wishes.

You can use WOOP for small as well as for big wishes.

WOOP when you are stressed or when you feel uneasy. WOOP helps you to sort things out.

WOOP every day!

WOOP is a companion to guide you through everyday life.

You may have some difficulties at the beginning. Be patient, the more often you WOOP, the better you will become in using WOOP and the more you will become engaged in life.

Practice WOOP as often as you can – play with it!

For further information refer to:

The book (Rethinking Positive Thinking: Inside the New Science of Motivation)

The website (www.woopmylife.org)

The mobile app (WOOP app)