WOOP ACTIVITY

Woop Activity

WOOP helps us visualize the obstacles that may stand in the way of our goals, thus teaching us realistic goal-setting. The WOOP method goes beyond just 'thinking positively' or looking at the 'bright side.'

How to use WOOP

Start by developing your goals, envision what the goal will feel like, think of the things that may stop you from meeting the goal, and how to plan to deal with these problems as they arise.

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: (my obstacle)

Then I will: (my action)

BALANCED + WELL