

WOOP EXERCISE

This exercise helps you identify a key wish, desired outcome, possible obstacle(s), and plan to achieve your goals. *Developed by Dr Oettingen

W **WISH**
What is your wish? Why is this important?

O **OUTCOME**
What is the outcome if you achieved your wish?

O **OBSTACLE**
What obstacle(s) could prevent you achieving your wish?

P **PLAN**
How can you overcome these obstacles to achieve your wish?

If...

Then...
