

WOOP

STRATEGY: Developed by Dr. Gabriele Oettingen and Dr. Peter Gollwitzer, WOOP stands for Wish, Outcome, Obstacle, and Plan. WOOP helps you to explore what your wish is as well as the barriers that hold you back from fulfilling this desire.



Instructions: Can be completed with a group or with individuals!

- **Wish:** Something you really want to accomplish. A wish is exciting, challenging, and realistic. e.g. “I wish I turned my homework in on time more.”
- **Outcome:** The best outcome that would result from accomplishing your goal. How would the outcome make you feel? Let your mind go and imagine this outcome. e.g. “I would feel good about myself.”
- **Obstacle:** The personal obstacle that prevents you from accomplishing your goal. Let your mind go and imagine this obstacle. i.e. “When doing homework, I get distracted by my phone.”
- **Plan:** What can you do to overcome your obstacle? Name one effective action you can take or thought you can have. Make an if/then plan.



Source: Panorama Playbook, courtesy of

Related Research: [The Science behind WOOP](#)

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