

WOOP is a goal setting technique developed by Gabriele Oettingen. (<https://woopmylife.org/en/home>)

WOOP is a systematic way to increase motivation and change behavior. It is based on 20 years of research in the science of motivation and it presents a unique and surprising idea: The obstacles that we think most impede us from fulfilling our wishes can actually help us to realize them. WOOP instructs us to dream of our future dreams but then to identify and imagine what inner obstacles or hindrances of reality prevent us from achieving these dreams.

WISH/WANT What's something that's just for you, that comes from deep inside you, that your truly wish to have happen, or that you want to achieve?

OUTCOME What will your success look and feel like? Where/what will it help you reach in life? Take your time. Close your eyes and really imagine it. Where will you be? What will you do? How will you know?

OBSTACLE(S) What could get in your way, or throw you off track, or keep you from reaching your wish or your want? Close your eyes again, and get inside your head. Think about internal obstacles and also external obstacles.

PLAN Now that you've charted some of the obstacles you could encounter, begin to plan for how you'll navigate them, should they occur. Think of this as an If/Then exercise: If _____, then _____.

- Record proactive strategies (what you'll do to avoid the obstacle), and
- Reactive strategies (what you'll do when you find yourself right in the middle of the obstacle).