

How to use WOOP

What it is

Name your wish, picture the outcome, admit the real obstacle in your way, then plan exactly what you'll do about it.

WOOP stands for Wish, Outcome, Obstacle, Plan, a method from psychologist Gabriele Oettingen.

When to use it

For a goal you actually want, not just one you feel like you're supposed to want.

Steps

1. **Wish.** What do you want to achieve? Keep it realistic but meaningful.
2. **Outcome.** Picture the best result if it works out. What does that actually feel like?
3. **Obstacle.** What's the real obstacle, inside you, not an excuse outside you?
4. **Plan.** If that obstacle shows up, then I will do this.

Common mistake

Blaming an outside excuse instead of naming the obstacle that's actually inside you.

Pairs with

Implementation Intentions and Temptation Bundling.

Example: getting promoted this year

Date: Mon, Nov 11

Wish

Get promoted to a senior role this year

Outcome

I'd feel proud, more secure, and finally recognized for my work

Obstacle

I avoid speaking up in meetings, afraid of sounding unprepared

Plan: if this happens, then I will

If I feel nervous in a meeting

Then share one point I've thought through

WOOP Planning Sheet

Date: _____

Wish

Outcome

Obstacle

Plan: if this happens, then I will

If _____ Then _____