WOOP METHOD

WOOP, which stands for "Wish, Outcome, Obstacle, Plan," is an evidence-based intervention by Dr. Gabriele Oettingen that is designed to help students initiate and sustain effort to achieve their goals.

Name : ....   Date : ....

W **WISH**
What is something you really want to accomplish?

O **OUTCOME**
What is the best outcome from completing this goal?

O **OBSTACLES**
What may keep you from completing your goal?

P **PLAN**
What can you do to overcome your obstacles? Use if/then statements.

Notes : ....

....

....

WOOP Method Example
for College Students

Example 1: Improve Academic Performance

1. **WISH:** "I wish to improve my academic performance by 10% in my MATH class."

2. **OUTCOME:** Achieving this goal will improve my GPA and confidence in my math abilities."

3. **OBSTACLE:** "I often procrastinate studying for exams" or "I struggle with some concepts."

4. **PLAN:** "I will create a study schedule for the week leading up to my exam." and "I will seek help from my professor and tutoring services."

Example 2: Improve My Productivity

1. **WISH**: "I wish to improve my productivity so I can complete my task more efficiently."

2. **OUTCOME:** "Increasing my productivity will reduce my stress levels and give me more time for other activities."

3. **OBSTACLE:** "I have a hard time prioritizing tasks."

4. **PLAN:** "I will start each day creating a list of tasks I need to complete and organize them by urgency. I can also break down large task into manageable chunks."