

WOOP technique

Wish/goal	Outcome Write down a clear description of what you want the outcome of this work to be. Imagine what the best possible result would be. <ul style="list-style-type: none">• How will you feel if you accomplish your goal?
Obstacles <ul style="list-style-type: none">• What might get in the way of you achieving the outcome you want?	Plan Write down a plan for how you will overcome any obstacles to ensure you meet your goal. <ul style="list-style-type: none">• What strategies will you use?• Is there anything you need to organize/put in place to make sure you are successful?