

My WOOP worksheet

Wish, Outcome, Obstacle, Plan. Take a few minutes without interruptions and go through the steps in this order.

W

Wish

Challenging, but believable. By when? If you doubt you can do it, make it smaller.

O

Best outcome

The single best thing about reaching it, in a few words. Then take a moment to picture it.

O

Main obstacle inside me

A feeling, habit or thought. What happens right before I stop or put it off? Picture that moment.

P

My plan

One sentence. The “then” should be something you can start within a minute.

If

then I will

!

My reminder

An alarm with the plan in its label, a sticky note, or something I’ll set up in advance.

Quick check

- | | |
|--|--|
| ☐ My wish is challenging, but I believe I can do it. | ☐ My “then” is one concrete action, not “try harder.” |
| ☐ I pictured the outcome first, then the obstacle. | ☐ My plan isn’t just a reward for afterward. |
| ☐ My obstacle is inside me, not just “no time” or “my phone.” | ☐ I set up my reminder. |

A new WOOP for each week's wish, or whenever you get stuck. One obstacle and one plan per WOOP.

WOOP

Date: _____


Wish

by when?


Outcome

Obstacle

feeling, habit or thought


If
then I will

Reminder
WOOP

Date: _____


Wish

by when?


Outcome

Obstacle

feeling, habit or thought


If
then I will

Reminder
WOOP

Date: _____


Wish

by when?


Outcome

Obstacle

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If
then I will

Reminder