

WOOP Kit – WOOP in one Glance

Wish: What is your wish, a wish that is challenging, but feasible?

Note your Wish in 3-6 words: _____

Outcome: What would be the best outcome of fulfilling your wish?

Note your best Outcome in 3-6 words: _____



Obstacle: What is your main inner obstacle that holds you back from fulfilling your wish?

Note your main inner Obstacle in 3-6 words: _____



Plan: What can you do to overcome your obstacle?

Note your action or thought in 3-6 words: _____

Fill in the blanks below:

If... _____, then I will... _____
(your obstacle) (your action or thought to overcome obstacle)

Imagine once more: If... (obstacle), then I will... (action).

