



NeuroWellness Academy

WOOP Worksheet

This is an excellent resource to help you achieve your goals, establish new habits or work on anything that you may be procrastinating and not taking action. It is based on the extensive research by Gabriele Oettingen. The Woop method is explained in her book, Rethinking Positive Thinking- Inside the New Science of Motivation. This framework uses mental contrasting.

<https://www.amazon.com/Rethinking-Positive-Thinking-Science-Motivation/dp/1617230235>

WOOP: Is an acronym for the words: wishes, objectives, obstacles and plan

For best results, use the mindfulness strategies you have been learning while filling out this worksheet: Before starting this exercise, do a couple of mindful yawns and super slow stretches to become present and centered; then ask your intuition (that inner voice of wisdom) for a value word to ground yourself on while you complete each section of the worksheet.

Enjoy the process!

WOOP Worksheet

- 1. Wishes: Describe in detail what you wish to achieve or accomplish.**
What do you wish for? What would you like to accomplish?
- 2. Outcome: Describe in detail the desired outcome achieved when the wish has materialized.?**
Describe in what ways will this outcome benefit you? How will you feel once the wish has manifested? Use as many details as possible. (you can close your eyes and visualize yourself



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having successfully achieved the outcome and feeling excitement, satisfaction or whatever feelings are relevant for you)

3. Obstacles: Describe in detail all the obstacles that will prevent you from achieving your desired outcome.

Identify what behaviors can get on the way. Describe any obstacles- internal or external - that could block you from achieving the outcome you desire.

4. Plan: Make a Plan to overcome each one of the obstacles and plans to achieve the desired wish/ goal.

Make a detailed plan to follow with each obstacle. Visualize yourself following through with the plan. Set a timeline.

5. Set an intention to implement the plan.

Pencil it in the calendar.

6. Celebrate any gain - small or big.

Pat yourself in the back. Reward yourself.

After you do this exercise, share with me if you found the WOOP framework useful.