

WOOP

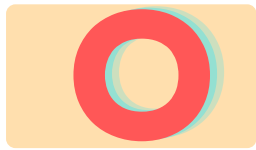
Four-Step Technique

My goal is:



WISH

What is the important wish you want to accomplish



OUTCOME

How will this wish look like when you achieve it?



OBSTACLES

What could hold you back from achieving your goal?



PLAN

How can you respond to the obstacles?



Done by:

