

WOOP

Your Year

When setting your New Year's resolutions, employing this 4-step technique will help you be twice as successful in achieving your goals. Using Dr. Gabriele Oettingen's W.O.O.P. method, you will define your *Wish*, *Outcome*, *Obstacle*, and *Plan* to give clarity to your goal and prepare for how you'll achieve it.



W WISH

What is my most important wish?
What would I like to achieve?

My wish ...

O OUTCOME

What would be the best thing to come out of this?

The best outcome ...

O OBSTACLES

What will get in the way? What within me stands in the way?

My obstacle(s) ...

P PLAN

What can I do to overcome this obstacle?

If ...

... then I will ...