

# WOOP!

**WOOP** is a goal setting technique developed by Gabriele Oettingen.

It is differently structured than **SMART** goal setting, and you'll need to do the work of translating your wish/want into action steps that show up on your calendar (*i.e.*, *Wednesday, 10 AM to 11:30 AM, draft paper outline and introductory paragraph, and begin bibliography*), or appear in your workspaces (*i.e.*, *I'm not going to visit any social media sites during planned study time*).

If you've never tried this before, experiment with it and see how it goes!

## **Wish/want:**

What's something that's just for you, that comes from deep inside you, that your truly wish to have happen, or that you want to achieve?

## **Outcome:**

What will your success look and feel like? Where/what will it help you reach in life? Take your time. Close your eyes and really imagine it. Where will you be? What will you do? How will you know?

## **Obstacle(s):**

What could get in your way, or throw you off track, or keep you from reaching your wish or your want? Close your eyes again, and get inside your head. Think about *internal* obstacles and also *external* obstacles.

## **Plan:**

Now that you've charted some of the obstacles you could encounter, begin to plan for how you'll navigate them, should they occur. Think of this as an If/Then exercise: If \_\_\_\_\_, then \_\_\_\_\_.

- Record *proactive strategies* (what you'll do to avoid the obstacle), and
- *Reactive strategies* (what you'll do when you find yourself right in the middle of the obstacle).

This worksheet draws from the work of Gabriele Oettingen, from her website WOOP My Life: Oettingen, Gabrielle. "Get up and WOOP." WOOP My Life, <http://woopmylife.org/new-page-3>.