

WOOP

What is it and how can it work for you?

Based on the work of Dr. Gabriele Oettingen and Dr. Peter Gollwitzer, Professors of Psychology at New York University, WOOP is a tool to help make wishes a reality. This tool is WOOP, which stands for **Wish, Outcome, Obstacle, and Plan**.

Here's how it works:

1. **Write down your wish** - Use just three to six words. Something that you'd like to achieve - personally or professionally, over a set time frame - a day, week, quarter, year, lifetime.
2. **Identify the best outcome** - Again three to six words to explore the possibilities of the future you'd like to create. What would the best-case outcome be if you realized your wish?
3. **Name the obstacle** - What might hold you back, something at least partially in your control. How might you get in your own way? What situations might you need to avoid?
4. **Devise a plan** - Create a simple if-then plan. IF this obstacle arises, THEN I will take this action. Repeat it aloud to yourself.

Example:

What's my wish?

Be active, exercise, move my body

What's the outcome?

Be healthy, strong and lose weight

What's the obstacle?

I don't have the time

What's my plan?

IF I say I don't have any time THEN I will find a way to do yoga for at least 5-10 minutes before bed.

One more note, before you get started:

Often people find that despite their wishes, there are repeated obstacles that get in their way. Sometimes these are internal or of their own doing or where they get in way of realizing their own goal. Other times, these are external factors that continue to confound the progress that is desired for a certain goal or particular desire or wish.

Regardless of whether they are internally or externally generated, if the same obstacles are identified repeatedly, they are worth paying attention to and addressing outside of just this tool. It is in those circumstances that working with a certified coach or even a therapist may be helpful.

In the Executive, Life & Leadership Coaching that I do, my work is with individuals who identify their imagined future (their wish) create a vision for it (outcome) and work to make it become a reality. It is inevitable that along the way they are able to identify the obstacles that may get in their way. It is my job as a coach to ask them powerful questions to help uncover any barriers or obstacles and to encourage them to develop a plan to overcome these when they arise. If you think you could benefit from some individual coaching, please do not hesitate to reach out. I'd be honored to help you on your journey!



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What do I want?

What's my wish?

What's the outcome?

What's the obstacle?

What's my plan?

What do I want?

What's my wish?

What's the outcome?

What's the obstacle?

What's my plan?