



WOOP! To Academic Success

When setting your academic goals try this 4 step technique created by Gabriele Oettingen. The W.O.O.P method with define your *Wish*, *Outcome*, *Obstacles*, and *Plan* to give clarity to your goal and prepare you for how to 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...

Wish: What is your wish? It should be challenging but achievable within 1 month.

Note your wish in 3-6 words: _____

Outcome: What would be the best outcome of fulfilling your wish? Close your eyes and imagine it fully. What does it look like? Feel like?

Note your best outcome in 3-6 words: _____

Obstacle: What is an internal obstacle that might hold you back from fulfilling your wish?

Note your obstacle in 3-6 words: _____

Plan: What can you do to overcome your obstacle?

If _____, then I will _____





Frequently Asked Questions (from woopmylife.org)

What if I have several important wishes?

Start with the wish you find most important. Remember, this wish should be a bit challenging but also feasible.

What if I do not know what timeframe I should use?

Use the timeframe that seems most applicable to your wish. Shorter timeframes allow you to WOOP wishes that improve your everyday life. They help you take action right away. Longer timeframes will allow you to WOOP more significant wishes that might impact your life deeply.

What if my wish is too big?

Often, it's the biggest wishes that arouse the most passion in us. If a wish is too big, see if you can break it down into several smaller wishes. Or work on the obstacle, trying to find one that you can reasonably surmount.

What if the wish does not feel authentic to me?

It's important to listen to that. WOOP works best for wishes that matter to us. If you WOOP a wish that you don't really care about but that others may have pushed on you, the process can help you uncover this. You can find out how much you truly care about a wish while identifying and then imagining the best outcome. The imagery part is crucial! Take the time to imagine the best outcome. If you find that a wish doesn't feel authentic, think about discarding it and embracing a new wish.

What if my obstacle feels uncontrollable?

Remember, you're searching for internal obstacles. When we look for obstacles within us, we are better able to control and to overcome them. We often have limited power to change our environment. What we can change is how we respond to and deal with our environment. If you have trouble identifying an obstacle that feels surmountable, take the obstacle you have thought of and see if you can break it down into several smaller, more surmountable obstacles.

After creating a WOOP - do I have to repeat it?

Once you have created a WOOP, that is, go through the four steps "Wish, Outcome, Obstacle, and Plan", the process is complete, and you do not have to repeat it. If you have more wishes or your wish changes, start a new WOOP. Wishes emerge from our needs and may constantly change. Obstacles emerge from our experiences and may also constantly change. Therefore, do not hesitate to generate new WOOPs.

