INSTRUCTIONAL STRATEGIES



WOOP

A research- and science-based method to help with motivation by developing a plan to overcome obstacles that stop us from reaching our goals.

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WOOP

Summary

WOOP is a strategy for motivation that balances positive thinking with realistic expectations. WOOP stands for Wish, Outcome, Obstacles, and Plan. It is designed to help you think about your goal but develop a plan to achieve it.

Procedure

1. Consider using the attached template to help you fill out your WOOP.
2. Determine a wish or a goal. Be specific.
3. Explain what outcome is desired.
4. List 2–3 obstacles that might hinder you from achieving your goal.
5. Develop a plan to reach your goal and overcome the obstacles you listed.

Science. WOOP my life. (n.d.). https://woopmylife.org/en/science