

VISION: 7. MENTAL CONTRASTING

BIG IDEA



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- Professor Gabrielle Oettingen, in her book, *"Rethinking Positive thinking"* (2014), states that too much positive visualisation can rob a person of their desire to succeed.

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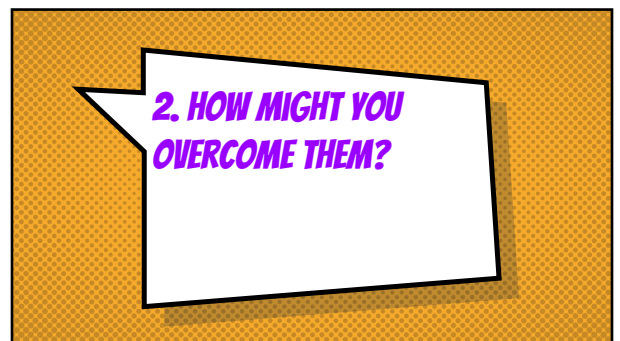
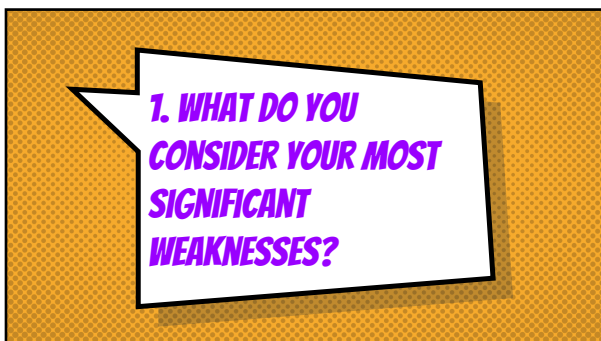
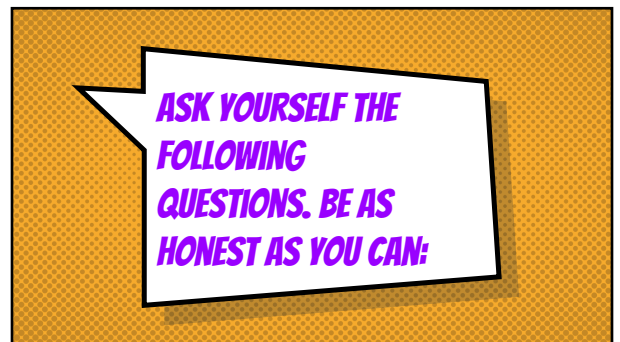
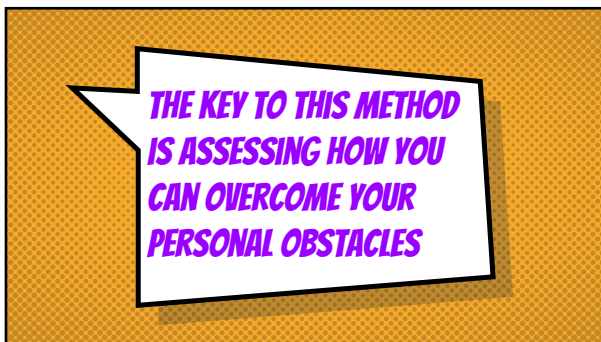
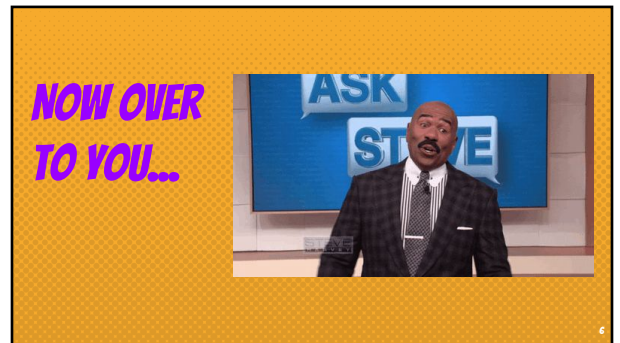
- Professor Gabrielle Oettingen, in her book, *"Rethinking Positive thinking"* (2014), states that too much positive visualisation can rob a person of their desire to succeed.
- Her conclusion is that too much dreaming can mean we get happy just imagining something but never end up actually doing it.
- Any goal you set will have obstacles in the way of you achieving it (*if they were easy everyone would be able to achieve them!*)
- Oettingen's method of Mental Contrasting gets you to think about the feasibility of your goals and to also imagine the obstacles to your success.

**OETTINGEN SUGGESTED
THE ACRONYM "WOOP"
TO HELP PEOPLE DO
THE THINGS THEY
REALLY WANT TO DO.**

WHAT IS WOOP?

- × WOOP stands for:
 - × WISH
 - × OUTCOME
 - × OBSTACLE
 - × PLAN
- × It is a method of recording your goals alongside the obstacles and challenges you are likely to face.
- × The following example shows how this can be done....

W	WISH What's an important wish you want to accomplish? This should be challenging but feasible (setting up a blog or website, posting videos to an online channel)	My wish... <i>To post once a week on my YouTube channel</i>
O	OUTCOME Vividly imagine the best thing you associate with having achieved this outcome. How will you feel?	Best Outcome... <i>Achieve 5000 views and start to earn money from my channel</i>
O	OBSTACLE Ask yourself what internal obstacles are most likely to get in the way. Pause and really imagine the obstacle.	My Obstacle... <i>Distraction.... Netflix and my phone!</i>
P	PLAN Formulate an "if...then" plan for what you will do when the obstacle arises	If...Then... <i>If...I want to watch a show or start scrolling through social media... Then...I will stop and instead dedicate 1 hour to creating my next video</i>



**1. WHAT DO YOU
CONSIDER YOUR MOST
SIGNIFICANT
WEAKNESSES?**

**2. HOW MIGHT YOU
OVERCOME THEM?**

FINAL THOUGHTS

- × Reflecting on our weaknesses and how we might overcome them is a crucial step in achieving our goals.
- × How self aware are you? Are you able to do this yourself?
- × If you are struggling, then ask someone whose opinion you trust.