

WOOP Kit - Overview

Wish Outcome Obstacle Plan ([WOOP](#)) is a systematic way to increase motivation and change behavior. It is based on 20 years of research in the science of motivation and it presents a unique and surprising idea: The obstacles that we think most impede us from fulfilling our wishes can actually help us to realize them. WOOP instructs us to dream our future dreams but then to identify and imagine what inner obstacles or hindrances of reality prevent us from achieving these dreams. WOOP gives us direction and energy to fulfill our wishes and solve our concerns.

[WOOP](#) with the scientific name of [Mental Contrasting with Implementation Intentions \(MCII\)](#), can be used for all areas of behavior change — for excelling at work, for promoting health and preventing illness, for caring for family and friends, and for living a happier life. It is for people who feel stuck and don't know what to do about it; it is also for people whose lives seem just fine but who can do better; it is for people who have a particular challenge or a difficult transition in front of them.

Ultimately, WOOP is for all of us. We all need support regulating ourselves so as to initiate, sustain, and complete our daily chores and long-term goals. By learning and applying WOOP, you will come away more motivated and skilled than ever to connect with others, engage with the world and take action. All from a simple, but awakening question: What is it that holds you back from fulfilling your wish?

[Overview of WOOP Materials](#)

- (1) [Mental WOOP Guide](#) guides you through a mental WOOP
- (2) [Written WOOP Guide](#) guides you through a written WOOP
- (3) [WOOP in one Glance](#) guides you through a short written WOOP
- (4) [WOOP Review](#) reviews your WOOP
- (5) [Frequently Asked Questions](#)
- (6) [Refine Your Plans](#) explains three kinds of plans
- (7) [WOOP in groups](#) explains how to use WOOP in groups