

# WOOP Kit – WOOP in one Glance

**Wish:** What is your wish, a wish that is challenging, but feasible?

Note your Wish in 3-6 words: \_\_\_\_\_

**Outcome:** What would be the best outcome of fulfilling your wish?

Note your best Outcome in 3-6 words: \_\_\_\_\_



Imagine....

**Obstacle:** What is your main inner obstacle that holds you back from fulfilling your wish?

Note your main inner Obstacle in 3-6 words: \_\_\_\_\_



Imagine...

**Plan:** What can you do to overcome your obstacle?

Note your action or thought in 3-6 words: \_\_\_\_\_

Fill in the blanks below:

If... \_\_\_\_\_, then I will... \_\_\_\_\_  
(your obstacle) (your action or thought to overcome obstacle)

Imagine once more: If... (obstacle), then I will... (action).

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You can use the WOOP card to remind you of the four steps of the WOOP exercise:

The WOOP card template is enclosed in a rounded rectangle and contains the following sections:

- WISH**: A horizontal line for writing a wish.
- OUTCOME**: A horizontal line for writing an outcome, with a thought bubble icon to its right.
- OBSTACLE**: A horizontal line for writing an obstacle, with a thought bubble icon to its right.
- PLAN**: A sentence structure: "If \_\_\_\_\_ then I will \_\_\_\_\_". Below the first blank is the word "obstacle" and below the second blank is the word "action".