

WOOP Kit – Review

After using WOOP, you can ask the following questions to review the WOOP.

Wish: What is your wish?

- Is this wish dear to you?
- Do you think you can achieve it?
- Is it challenging for you?
- Did you summarize it in 3-6 words?

Outcome: What is the best outcome?

- Is it a truly fulfilling outcome?
- Did you summarize it in 3-6 words?
- Did you take enough time to imagine this best outcome?
If not, close your eyes and imagine the best outcome. Imagine it fully.

Obstacle: What is your main inner obstacle?

- Is your obstacle an inner obstacle?
- Is it a true inner obstacle? Think about it more deeply!
- Did you summarize it in 3-6 words?
- Did you take enough time to imagine your main obstacle?
If not, close your eyes and imagine your main obstacle. Imagine it fully.

Plan: What is your if-then plan?

- Did you find an effective action to overcome your obstacle?
- Did you summarize it in 3-6 words?
- Check if the plan has the following structure: "If [obstacle], then I will [action]."
If not, create the if-then plan again.