WOOP Kit – FAQ

What if I have several important wishes?

Start with the wish you find most important. Remember, this wish should be a bit challenging but also feasible.

Can I use a timeframe other than four weeks?

You can use any timeframe that seems most applicable to your wish. Shorter timeframes allow you to WOOP wishes that improve your everyday life. They help you take action right away. Longer timeframes will allow you to WOOP more significant wishes that might impact your life deeply. You could start a session with the four-week timeframe to get at a bigger wish and end it with a 24-hour WOOP to get started on a smaller wish.

What if the wish is too big?

Often, it's the biggest wishes that arouse the most passion in us. If a wish is too big, see if you can break it down into several smaller wishes. Or work on the obstacle, trying to find one that you can reasonably surmount.

What if the wish doesn´t feel authentic to me?

It's important to listen to that. WOOP works best for wishes that matter to us. If you WOOP a wish that you don't really care about but that others may have pushed on you, the process can help you uncover this. You can find out how much you truly care about a wish while identifying and then imagining the best outcome. The imagery part is crucial! Take the time to imagine the best outcome. If you find that a wish doesn't feel authentic, think about discarding it and embracing a new wish.

What if I cannot control the obstacle?

Remember, you're searching for internal obstacles. When we look for obstacles within us, we are better able to control and to overcome them. We often have limited power to change our environment. What we can change is how we respond to and deal with our environment. If you have trouble identifying an obstacle that feels surmountable, take the obstacle you have thought of and see if you can break it down into several smaller, more surmountable obstacles.

After creating a WOOP - do I have to repeat it?

Once you have created a WOOP, that is, gone through the four steps "Wish, Outcome, Obstacle, and Plan", the process is complete, and you do not have to repeat it. If you have more wishes or your wish changes, start a new WOOP. Wishes emerge from our needs and may constantly change. Obstacles emerge from our experiences and may also constantly change. Therefore, do not hesitate to generate new WOOPs. Play with WOOP, build a WOOP routine, become a WOOP expert!