TOOL 3:
WOOP

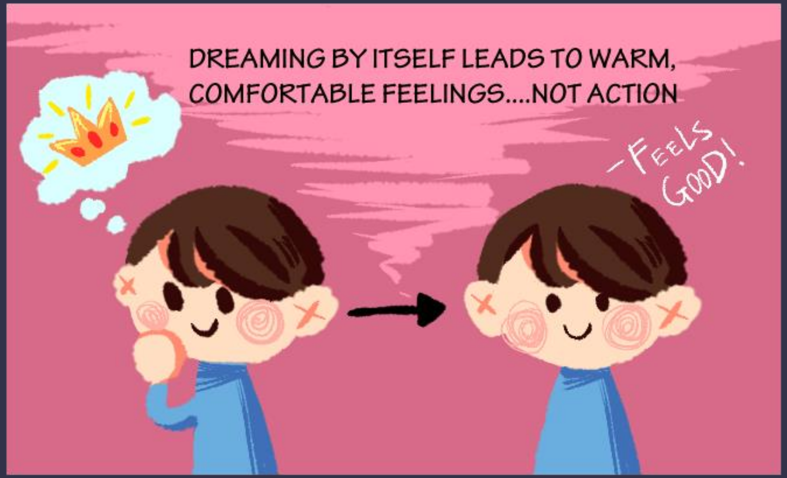
WHAT it is

WOOP is a scientifically proven tool that helps us change our behaviours for the better and achieve our goals. It stands for:

- **W**ish
- **O**utcome
- **O**bstacle and
- **P**lan.

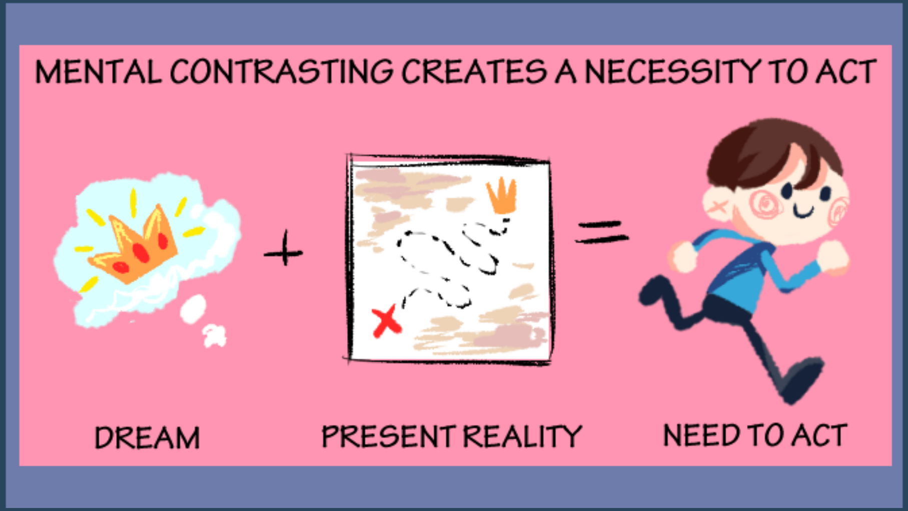
WHY it matters

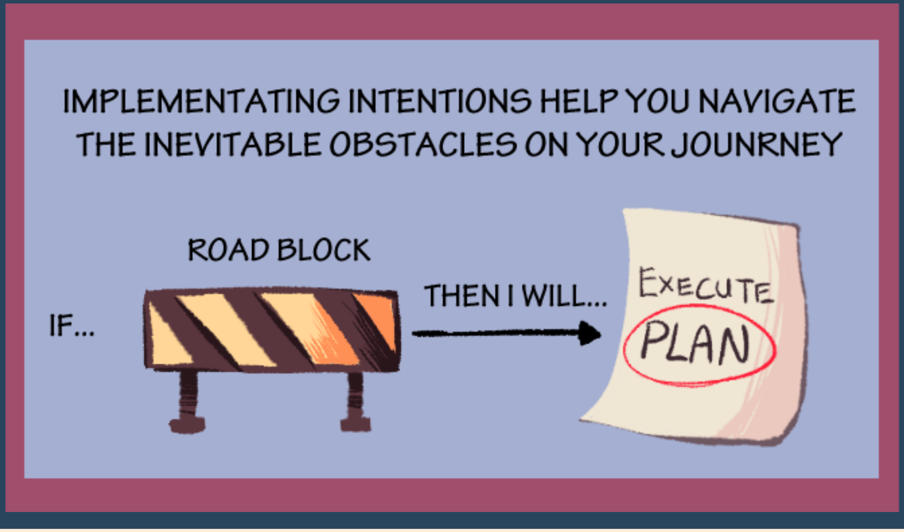
When we succeed at our goals, it is usually because we have both the ability and will power to achieve them. WOOP helps us quickly figure out what we really want to do, why it is important to us, and how to overcome the internal obstacles that might get in the way.


DREAMING BY ITSELF LEADS TO WARM, COMFORTABLE FEELINGS....NOT ACTION
-FEELS GOOD!

Develop ability to stay motivated and follow through on goals

HOW it works


MENTAL CONTRASTING CREATES A NECESSITY TO ACT
+
=
DREAM
PRESENT REALITY
NEED TO ACT


IMPLEMENTATING INTENTIONS HELP YOU NAVIGATE THE INEVITABLE OBSTACLES ON YOUR JOUNRNEY
ROAD BLOCK
IF...
THEN I WILL...
EXECUTE
PLAN

W	**Wish:** What is an important goal you want to accomplish in the next _______________ (time period)?
O	**Outcome:** What is the best possible result of accomplishing your goal? How will it make you feel?
O	**Obstacle:** What is/are the main obstacle(s) inside you that might prevent you from accomplishing your goal?
P	**Plan:** Make an effective **if-then** plan that will help you overcome the obstacle when it occurs.

Benji's Story

Benji is feeling swamped. There is a Math test next week. Every time he does his Math revision, all he wants to do is stop – and so he opens YouTube, plays a game on the computer, and does everything except Mathematics. He also has a project due this Friday. He just cannot bring himself to get started on it. On Monday, there is still time. On Tuesday, it sounds painful so he puts it off until Wednesday. On Wednesday, he has CCA… On Thursday, he discovers a new computer game… and does a last-minute rush job.

Benji finds it difficult to cope. The National Robotics Competition is around the corner. He wants to participate badly…

Let's develop a WOOP plan with Benji.

W

Wish: What is an important goal you want to accomplish in the next ________________ (time period)?

Think of something that feels exciting, challenging, and feasible.

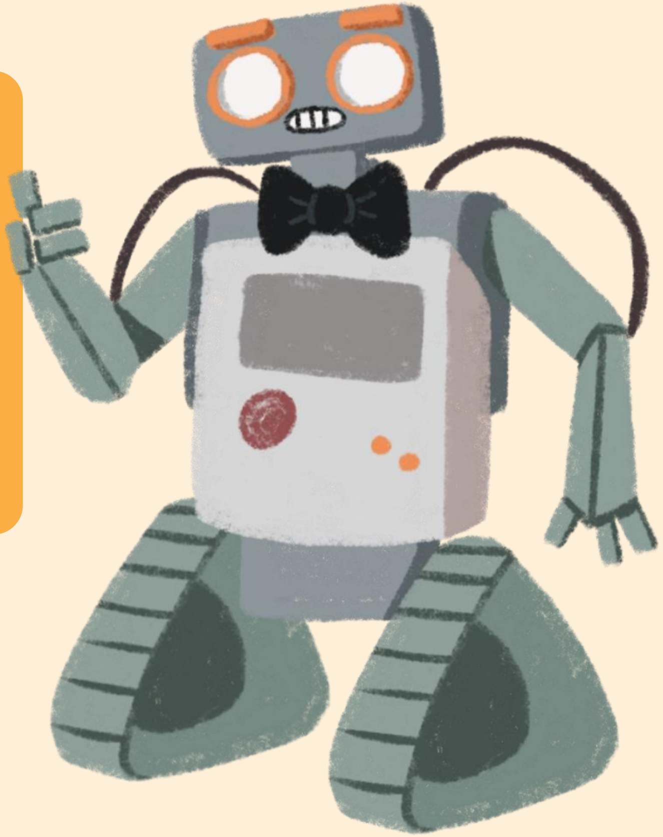
My goal is to represent my school in the National Robotics Competition next month.

O

Outcome: What is the best possible result of accomplishing your goal? How will it make you feel?

Hold it in your mind. Take a moment to really imagine it.

I will get to meet some of the best programmers and engineers around my age! It will be so exciting and fun. And I will be really proud to be a part of this!



O

Obstacle: What is/are the main obstacle(s) inside you that might prevent you from accomplishing your goal?

Focusing on the internal obstacles helps you focus on what's in your control.

I always find excuses for not doing my homework. There are also some habits that I need to change. I will need to be more focused and not procrastinate so that I can have more time for robotics practice. I cannot let myself get distracted by computer games anymore....

P

Plan: Make an effective **if-then** plan that will help you overcome the obstacle when it occurs.

Pick the most effective path you could take for each obstacle.

- If I am doing homework, then I will work in a place away from my computer.
- If I don’t have enough time, then I will make a timetable and stick to it.
- If I don’t stick to plan, then I will not give myself a break to play games. Every minute counts.
- If all these don’t work, then I will ask my mum for help.

Find out more about WOOP at https://woopmylife.org/

Do a **pulse check** with your child.

Am I able to stay motivated and follow through on goals?

☐ I try to get to work right away, rather than procrastinate.

☐ Instead of getting distracted while working, I can stay focused.

☐ Because I plan ahead, I am prepared for what I need to do.

☐ I try not to do things I know I'd later regret.

References

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