

## WOOP!

- *Developed by Professor Gabriele Oettingen at New York University*
- **Wish:** Help your client to envision the future
- **Outcome:** What might be the impact or outcome of taking action?
- **Obstacle:** What obstacles might get in the way?
- **Plan:** Put together an 'if/then' plan for overcoming the obstacles.

WISH:

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OUTCOME:

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OBSTACLE:

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PLAN: