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:

____________________________________________________________________

OUTCOME:

____________________________________________________________________

OBSTACLE:

____________________________________________________________________

PLAN: