Wish, Outcome, Obstacle, Plan (WOOP) Statement

Instructions

As individuals please develop a WOOP statement that addresses how you plan to engage in forgiveness. Please complete the following prompts to create your WOOP statement.

Wish: Think about something in your life you want to work toward: your career, schoolwork, relationships, or anything personal.

Outcome: Think about what it would look and feel like to have your goal fulfilled. Take some time to deeply imagine, see, and feel what it would be like to attain the best possible outcome.

Obstacle: Just thinking positively about the best outcome isn't enough, though, because there are obstacles that inevitably get in the way of your goals. Imagine an obstacle that you can control from within—such as thoughts, feelings, bad habits, or actions—that might prevent you from working toward your goal. Take some time to deeply imagine what it might feel like to encounter that obstacle.

Plan: Finally, devise a plan to overcome the obstacles you identified. This plan involves "when… then" statements known as "implementation intentions." You might think, "WHEN (obstacle), THEN I will (effective plan)." Repeat this for each obstacle you identified. Using "when…then" statements helps you deliberately connect your plan to the obstacles you've identified ahead of time.

Goal: Exercise after school	Goal: Meditate for 10 minutes before bed
W To be healthy and strong.	**W** To have a calm mind and to sleep well.
O Feel good about myself. Have a sense of accomplishment. Proud I'm doing something healthy for my brain and body.	**O** Fall asleep faster. Feel rested. I can focus and pay attention better.
	O I feel unmotivated, tired and sleepy.
O Forget to take my workout clothes to school.	
P If tomorrow is workout day, then I pack my exercise wear the night before.	**P** If I'm about to go to bed at night, then I remind myself of all the amazing benefits, set a timer, and meditate for 10 minutes.

Develop Your Own WOOP Statement

What is your **WISH**?

What are your **OUTCOMES**?

What are your **OBSTACLES**?

What is your **PLAN**?