



WOOP worksheet

Spend 5-uninterrupted minutes working through each of the 4-stages in order below. Remember to visualise as much as possible. Be honest with yourself in your answers. Then complete the IF/THEN plans on the next page. Repeat them out loud to reaffirm them to yourself.

WOOP is a science-based technique developed by Gabriele Oettinger & IF/THEN plans were created by Peter Gollwitzer (both are Professors of Psychology at NYU) For more information visit woopmylife.org

Wish

What is my dearest wish?

What do I really want?

Outcome

Imagine the best outcome of fulfilling this wish

Obstacle

What is it that holds me back?

Plan

What can I do to overcome these obstacles?



WOOP worksheet

Record your IF/THEN plans

IF/THEN plans are structured as follows IF {situation} THEN I will {behaviour}

IF...

(EXAMPLES)

- ~If I go to the supermarket
- ~If I become distracted
- ~If I feel anxious

THEN I will...

- ~Then I will stick to my shopping list
- ~Then I will put my phone away
- ~Then I will take 5-mindful deep breaths