



**Happy people set goals**

***WOOP your goals Toolkit***

W

## Wish

Think about the rest of the day...

O

## Outcome

What would be the best outcome about fulfilling your wish?

O

## Obstacle

What stands in the way?

P

## Plan

What's your 'if-then' plan? If <obstacle>, then I will...

*Inspired by Gabriele Oettingen "Rethink positive thinking"*

W

### Wish

**Think about the rest of the day...**

*I wish to finish the paper I'm working on*

O

### Outcome

**What would be the best outcome about fulfilling your wish?**

*I finish a well written paper with all the research I want to include and I finish it early enough that I have time to watch a Ted Talk*

O

### Obstacle

**What stands in the way of you fulfilling your wish?**

*I get distracted by LinkedIn and Facebook*

P

### Plan

**What's your 'if-then' plan? If <obstacle>, then I will...**

*If I get distracted by LinkedIn and Facebook, then I will put my phone in the other room and not pick it up until I'm done.*

Your  
turn

W

**Wish**

**Think about the rest of the day...**

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O

**Outcome**

**What would be the best outcome about fulfilling your wish?**

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O

**Obstacle**

**What stands in the way of you fulfilling your wish?**

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P

**Plan**

**What's your 'if-then' plan? If <obstacle>, then I will...**

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