

WOOP goals is a form of mental contrasting developed by professor Gabriele Oettingen based on her research surrounding what maximized follow through from fantasy to reality.

W What's the Wish? What is the specific thing you want to accomplish?

O What's the outcome you desire? What's the best case scenario?

O What's the obstacle that you have control over? How might you get in your own way?

P What's the plan? *When* the obstacle identified above presents itself, *then* you are going to implement this action step to counteract it.