

WOOP Goals and Tasks for: _____

	Wish	Outcome	Obstacles	Plan
	What do I want to achieve?	What will success mean?	What thing(s) could get in the way of my wish?	How will I deal with the obstacle(s) to achieve my wish?
Example: English task	I want to have an outline of my essay completed at least 4 days before the essay is due	If I finish the essay that far ahead, I will be able to write a better essay with less stress well before the assignment is due. I want to finish the essay early because...?	I get distracted by social media when doing homework	IF I know that I will be distracted by social media when drafting my essay THEN I should either disconnect my computer from the internet or hand-write my outline

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