Brain Dump

WOOP Goal Setting Template: Wish, Outcome, Obstacle, Plan

Date _____

Wish

Something challenging but doable, in a few words.

Best outcome

What's the best thing about reaching it? How would it feel?

Obstacle

What in you (a habit, a feeling, a belief) is most likely to get in the way?

Plan

If [obstacle], then I will [action].

If ... then I will ...