

## EFFORT STRATEGY

# W.O.O.P.

*W.O.O.P. is a four-step mental strategy for setting goals and anticipating obstacles in order to sustain effort through challenges. Try this with students and adults.*

Oettingen (2014)

### W WISH

Identify a wish or goal, something challenging but feasible.

### O OUTCOME

What would be the best possible outcome of fulfilling your wish?

*(This compels you to think about why this wish is important and how it connects with your values.)*

### O OBSTACLE

What is the main inner obstacle that could stop you from fulfilling your wish?

*(This signals that you have control and your effort matters.)*

### P PLAN

When your obstacle arises, what will you do to overcome it?

*(This makes the obstacle welcome and expected and thus not so frightening.)*