

## W.O.O.P.

A goal planning strategy

*We don't struggle to improve because we don't want to be better. We struggle to improve because we fail to recognize the things that get in our way.*

**For each item below, write a detailed description (more than a word or phrase).**

### Wish

What is one school wish (something you really care about) that you really want to accomplish by \_\_\_\_\_?

### Outcome

What will be the best outcome when your wish comes true? How will it improve your life?

### Obstacle

What is something inside you that might prevent you from accomplishing your wish? Where/when might this arise?

### Plan

What is one effective action you can take to overcome your obstacle? Use the sentence stem in the box to help you think about this.

Stem: "When \_\_\_\_\_ [obstacle] happens, I will \_\_\_\_\_ [action]."