

The WOOP Method to Support Self-Management

The WOOP strategy, which is positive thinking plus a dose of reality, contains four steps:

1. **Wish:** Students name an important but feasible wish or goal they want to fulfill.
2. **Outcome:** Students imagine, as vividly as possible, what the future will be like once they fulfill this wish (or reach the goal).
3. **Obstacle:** Students imagine the most critical personal obstacle that stands in the way of fulfilling that wish (or reaching the goal).
4. **Plan:** Students name an effective behavior to overcome the obstacle and create a specific plan, using an if-then statement: “If X happens, then I will Y.”

