

WOOP facilitation guide



Introduction

Thanks for being here to WOOP with everyone.
This time is for you. Clear your mind. [pause]

Wish

What is one wish that you really want to accomplish [in a given time period]? Your wish should be something you care about, and it should be *challenging* but possible.

Suggested probing question: On a scale of 1-10, how important is this wish to you? Is this something you think you can accomplish in the time period?

Outcome

What will be the best outcome when your wish comes true? How will you feel?

Suggested probing question: Are there any other possible outcomes?

Hold it in your mind. [pause] Imagine the outcome. [pause]

Obstacle

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

Suggested probing questions: Is that the real obstacle? Is there something you are feeling, doing, or saying that is standing in the way of your wish?

Hold it in your mind. [pause] Imagine the obstacle. [pause]

Plan

What is one effective action you could take to overcome your obstacle? Complete this statement: “If [*obstacle*], then [*effective action*].” Repeat your plan once more.

Conclusion

We just completed WOOP: Wish, Outcome, Obstacle, Plan. Let’s check in again on [date]. Thank you for doing WOOP with me! You can use WOOP every day.