

Make a WOOP to Make It Happen

WISH: What is one goal that you want to accomplish this semester? Make sure this goal is something you control. Challenge yourself.

OUTCOME: What would be the best result from accomplishing your goal? How would you feel? Pause and really imagine the outcome.

OBSTACLE: What is one obstacle within your control that could keep you from achieving your goal?

PLAN: What actions do you need to take to help you overcome this obstacle and achieve your goal? (If necessary, break this up into daily or weekly actions.)

When

happens,

obstacle you anticipate

then, I will:

specific action you will take to achieve your goal

Student Reflections/Updates