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| **Wish/goal**  Have an A in my essay on Covid-19 and the Doctrine of Frustration of Contract | **Outcome**  Maintain my distinction grade  Test and improve my ability to apply my understanding of legal doctrines to current societal issues.  Improve my ability to communicate ideas logically.   * This will position me to getting my dream job with a top law firm |
| **Obstacles**   * Procrastination * Lack of access to hardcopy books on Doctrine of Frustration while I work remotely. | **Plan**   * Procrastination - I will start early and allocate time and date to each tasks. * I will practice rewarding myself for tasks completed on time. * Lack of access to physical library – I will ask my friends to visit the library and scan pages of relevant materials to me when they can. I will offer to proofread their work in exchange for this. * I need to download the mind map application to help me with planning my essay |

A picture containing drawing

Description automatically generated

WOOP technique