

# WOOP technique

<p><b>Wish/goal</b></p> <p>Have an A in my essay on Covid-19 and the Doctrine of Frustration of Contract</p>	<p><b>Outcome</b></p> <p>Maintain my distinction grade</p> <p>Test and improve my ability to apply my understanding of legal doctrines to current societal issues.</p> <p>Improve my ability to communicate ideas logically.</p> <ul style="list-style-type: none"><li>• This will position me to getting my dream job with a top law firm</li></ul>
<p><b>Obstacles</b></p> <ul style="list-style-type: none"><li>• Procrastination</li><li>• Lack of access to hardcopy books on Doctrine of Frustration while I work remotely.</li></ul>	<p><b>Plan</b></p> <ul style="list-style-type: none"><li>• Procrastination - I will start early and allocate time and date to each tasks.</li><li>• I will practice rewarding myself for tasks completed on time.</li><li>• 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.</li><li>• I need to download the mind map application to help me with planning my essay</li></ul>