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| --- | --- |
| **Wish/goal** | **Outcome**  Write down a clear description of what you want the outcome of this work to be. Imagine what the best possible result would be.   * How will you feel if you accomplish your goal? |
| **Obstacles**   * What might get in the way of you achieving the outcome you want? | **Plan**  Write down a plan for how you will overcome any obstacles to ensure you meet your goal.   * What strategies will you use? * Is there anything you need to organize/put in place to make sure you are successful? |

A picture containing drawing

Description automatically generated

WOOP technique