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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?
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| **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?
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WOOP technique