

GOAL SETTING IN THE NEW YEAR

The start of a new year signifies new beginnings for many people.

WOOP

Wish, Outcome, Obstacle, Plan

A quick four-step technique that contrasts people's dreams with their challenges to move them toward their goal.

- 1. Wish** Identify a wish or a goal. Ensure it is achievable yet challenging.
- 2. Outcome** Consider what the best outcome of achieving your wish would be.
- 3. Obstacle** Identify internal obstacles that could hinder you from achieving your wish.
- 4. Plan** Identify an action you could take to overcome the obstacle in Step 3.

Apply the mental strategy of WOOP to anticipate and overcome any obstacles you face.



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