The Daily WOOP Worksheet

Inspired by the book 'Rethinking Positive Thinking' by Gabriele Oettingen

Date:_____

Today's **Wish:**

Select **one** area you <u>most</u> want to make progress in at this particular moment in time:

☐ **Health:** diet, exercise, sleep, hydration, rehabilitation, meditation or prayer, gratitude, etc.

☐ **Interpersonal:** family, friends, community, co-workers, employees, teammates, partner, etc.

☐ **Professional / Academic:** business, project, program, presentation, interview, exam, sale, campaign, etc.

☐ **Recreation / Skill:** book, personal website, new language, recreational sport, game, instrument, craft, etc.

What can you do in the next 24 hours to make progress in this area?

_____

Write down a challenging but feasible goal (i.e. behavior entirely within your control).

Best Possible **Outcome:**

Imagine you've just achieved your wish for the day. Describe how it feels [2-4 words]:

_____

Potential outcomes: proud | satisfied | energized | relieved | confident | rejuvenated | balanced | etc.

Take a moment to enjoy this outcome.

Internal **Obstacle:**

Why might your desired outcome be difficult to achieve? What within you could hold you back?

Name one <u>internal</u> obstacle you expect to struggle with:

_____

Common internal obstacles:

❖ Getting Started
- o Being too tired or just not feeling like doing it
- o Feeling overwhelmed or afraid of looking foolish

❖ Staying Focused
- o Experiencing internal distractions (impeding thoughts and emotions)
- o Responding to external distractions (email, social media notifications, meeting requests, etc.)

Response **Plan:**

"IF I notice myself [internal obstacle]: _____,

THEN I will [one thought you can have or one action you can take to overcome your internal obstacle today]:

_____."

Possible responses: focus on my breathing | remind myself of the goal | remind myself of a past success | think of a favorite quote | put my phone on airplane mode | block access to distracting websites | transition to a less distracting environment | respond to invitations and requests by stating a personal commitment and politely declining | write down a list of possible next actions | start a countdown timer and get to work | begin writing a really bad draft and perfecting it later | make one small improvement | etc.