

# WOOP Your Vision

## WOOP

[WOOP is a research-backed strategy](https://woopmylife.org) for making your wishes come true. Learn more at <https://woopmylife.org> This is soul-work, not mind-work. That is, follow your heart and your gut, rather than your rational mind.

WOOP stands for:

- **Wish** - Your goal. The mark you want to make on the world, on others, or on yourself. What you want most.
- **Outcome** - A clear vision of what success looks like, feels like, and how it will change who you are.
- **Obstacle** - The internal and external obstacles that might stop you.
- **Plan** - Not a detailed map of the entire journey. Rather, a plan to overcome the most likely obstacles that will arise, plus the skills and tools you'd like to put in your backpack in order to deal with the inevitable surprise challenges that will arise.

Before you jump in, set aside uninterrupted time and space to imagine the future you want to create for yourself. Go slow.

Are you ready to daydream about what might make your light shine brighter? If so, let's begin.

## Wish

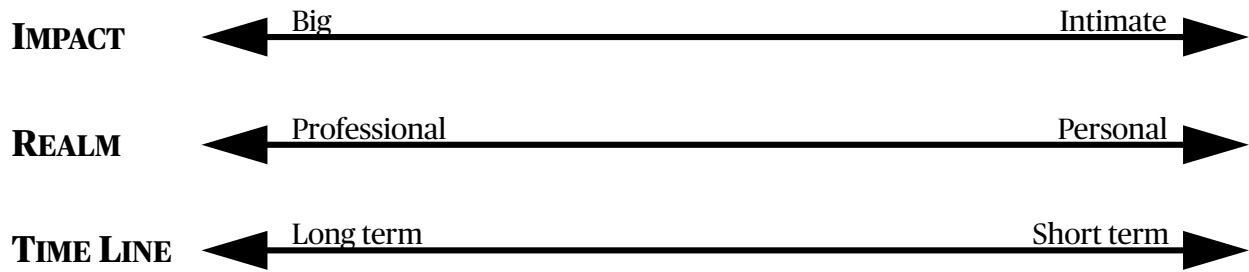
Name one wish you really really want to accomplish right now. This is a rough draft. Allow your heart and gut to lead. Feel. Don't overthink it. First thought = best thought.

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Most visions land somewhere on one of these three scales. What is yours like?



What if you didn't? List the pros and cons of sticking with the status quo.

**Pros:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Cons:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

After doing these steps, do a heart and gut check. Does your wish still leave you tingling with eager anticipation? Does this really feel like the most important wish right now? If not, this might not be the right wish for you right now. Edit it or try a different wish.

On the other hand, if your gut says, "Hell YES!" great! Reword your wish in one simple sentence. Your wish should be positive and inspirational, to you and to others. It should be challenging but achievable. That said, make it memorable. Make it yours — this one sentence summary doesn't have to make sense to anyone but you.

**My wish:** \_\_\_\_\_



# Outcome

Visualize the outcome of accomplishing your vision in three parts.

First, what might the outcome look like? Close your eye. Picture the outcome as vividly as possible. When you're ready, describe what you saw with your mind's eye here.

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Next, how might fulfilling your wish make you feel? Close your eyes and feel the emotional impact of achieving the outcome on yourself and others. When you can feel the impact deep in your bones, describe what you felt here.

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Finally, how might you change as a result of achieving your outcome? Close your eyes and imagine who you might become if you could achieve your wish. When you can imagine your future self, and can sense the difference between present and future self, describe the difference here.

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Summarize the outcome you visualized here in one simple sentence.

**My outcome:** \_\_\_\_\_

# Obstacles

Consider the obstacles standing in your way in three parts.

First, what internal obstacles might stop you? Perhaps it's a mindset, an inner voice, a limiting belief, an emotion, a bad habit, or something else. This is hard inner work but really important. Be honest with yourself. What within you is most likely to get in the way of you achieving your wish?

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Second, what external obstacles might stop you? Consider the environmental factors that could get in your way.

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Summarize your biggest obstacles here.

**My inner obstacle:** \_\_\_\_\_

**My external obstacle:** \_\_\_\_\_

# Plan

The WOOP planning process is NOT about making a detailed action plan from start to finish. There are many possible paths to reach your goal, some of which may not be revealed until you are well on your way. Yes, that's super hard for hyper-planners like myself to accept. But trust me, try this way. It's really great.

Instead, describe a specific action you can take or mindset you can adopt that will empower you to overcome each obstacle you named above. Even with the most difficult, tricky external obstacles, there is something you can control to keep moving forward. (Hint: you always have control over your attitude.)

Phrase each part of your plan like this:

**If... (obstacle you foresaw), then I will ... (action to take or mindset to adopt).**

**If \_\_\_\_\_, then I will \_\_\_\_\_.**

**If \_\_\_\_\_, then I will \_\_\_\_\_.**

**If \_\_\_\_\_, then I will \_\_\_\_\_.**

**If \_\_\_\_\_, then I will \_\_\_\_\_.**

**If \_\_\_\_\_, then I will \_\_\_\_\_.**

**If \_\_\_\_\_, then I will \_\_\_\_\_.**

Finally, there will almost certainly be obstacles you cannot foresee now that will challenge you along the way. That's the reality of life. You've overcome challenges before. You've persevered through setbacks before. What skills, strategies, life lessons, mindsets, friends, mentors, and experiences helped you navigate the obstacles of the past? And what can you put into your backpack now to help you with the unknown challenges ahead?

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