

Dream huge. Smile. Believe no obstacle is too Big. Laugh. Dance. Repeat Daily:

Change your life. Play. Make a wish. Let it all go.

WOOP
it up!

Help others. Be fearless. Do great things. Go for it! Change your thoughts.

What anyone thinks of me is none of my business.

The Four Steps of WOOP:

Wish Outcome OBstacle Plan

WHAT IS YOUR WISH?

Pick a wish that feels challenging but that you can reasonably fulfill within the next four weeks. This could be a bigger career goal or even a small personal goal.

My Wish:

WHAT IS THE BEST OUTCOME?

If your wish is fulfilled, where would that leave you? What would be the best, most positive outcome? How would you feel if you could achieve your goal?

Best outcome:

WHAT IS YOUR MAIN INNER OBSTACLE?

What's holding you back from attaining your goal and feeling that best possible outcome? It might be an emotion, an irrational belief, or a bad habit.

Inner obstacle:

MAKE A PLAN!

What can you do to start overcoming those obstacles? Identify one action you can take or one thought you can think to overcome your obstacle.

Make the following plan for yourself: "If... (obstacle), then I will ... (action or thought)."

My Plan:

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