

WOOP Worksheet

A gentle framework for turning desire into clear, grounded action.

This worksheet helps you name what you want, visualize the positive change it could bring, identify what might get in the way, and create a simple plan to move forward. Use it slowly, honestly, and without pressure. Small steps create clarity.

WOOP OVERVIEW

WOOP stands for Wish, Outcome, Obstacles, Plan.

Each step helps you move from intention to action in a grounded, realistic way.

You cannot do it wrong — honesty is all that's required.

WISH

What do I genuinely want in this situation?

What direction feels most meaningful? What am I hoping will change?

Write freely — what feels true, not what seems ideal or impressive.

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OUTCOME

If this wish came true, how would my life feel or change?

Focus on grounded, realistic positives — not fantasies.

Describe the genuine, realistic benefits or changes you imagine.

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OBSTACLES

What internal obstacles might get in the way?

List thoughts, emotions, habits, or patterns — not external barriers.

(common examples: fear, avoidance, overthinking, self-doubt, overwhelm)

Name the patterns that could show up and slow you down.

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PLAN

If that obstacle shows up, what will I do?

Use the structure: **If ___ happens, then I will ___ .**

If _____ happens, then I will _____.

//

If _____ happens, then I will _____.

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If _____ happens, then I will _____.

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A Single Next Step

What is one small, low-pressure action I can take in the next 48 hours?

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This step helps turn clarity into gentle movement.

Extended WOOP Notes

Wish — Extended Notes

Add any depth, context, or emotional nuance you want to explore.

Outcome — Extended Notes

Explore grounded benefits or subtle shifts this outcome could create.

Obstacle Patterns I Notice in Myself

Capture recurring thought patterns, emotional triggers, or habits that might show up.

Refined Plan (Multiple If/Then Scenarios)

Add more If/Then strategies so you're ready for variations and nuance.