

## The WOOP Model

- Wish
  - What do I want to achieve in the next 3 months?
- Outcome
  - What would success look like?
- Obstacle
  - What internal obstacle may stop me?
- Plan
  - If X happens, then I will do Y.
    - Examples: Digital well-being
    - Building confidence
    - Learning a new skill to meet a challenging situation
    - Creating healthier habits

*WOOP for the participant to fill in:*

|          |  |
|----------|--|
| WISH     |  |
| OUTCOME  |  |
| OBSTACLE |  |
| PLAN     |  |