

Mental WOOP Reflection

After the exercise you can start a conversation with the person who has generated the WOOP, using the following questions to guide your conversation:

Wish

- ☐ What was your wish?
- ☐ Can you summarize it in 3-6 words?
- ☐ Is the wish dear to your heart?

Outcome

- ☐ What was your best outcome?
- ☐ Can you summarize it in 3-6 words?
- ☐ Can you imagine this best outcome?

Obstacle

- ☐ What was your main inner obstacle? What is it really? Dig a bit deeper?
- ☐ Can you summarize it in 3-6 words?
- ☐ Can you imagine your main inner obstacle?

Plan

- ☐ What was your action or thought to overcome your obstacle?
- ☐ Can you summarize it in 3-6 words?
- ☐ What was your: "If [obstacle], then I will [action]." plan?

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