

WOOP Student Example

Character LAB

WWW.CHARACTERLAB.ORG

WOOP helps people do the things they really want to do.

W

WISH

What is an important wish that you want to accomplish? Your wish should be challenging but feasible.

My wish:

Get an A on my biology quiz

O

OUTCOME

What will be the best result from accomplishing your wish? How will you feel?
Pause and really imagine the outcome.

Best outcome:

I'll feel proud

O

OBSTACLE

What is the main obstacle inside you that might prevent you from accomplishing your wish?
Pause and really imagine the obstacle.

My obstacle:

I procrastinate

P

PLAN

What's an effective action to tackle the obstacle? Make a when-then plan.

When:

I finish dinner

Then I will:
(my action)

Make 5 flash cards

WOOP Annotated Exemplar

Character LAB

WWW.CHARACTERLAB.ORG

WOOP helps people do the things they really want to do.

W

WISH

What is an important wish that you want to accomplish? Your wish should be challenging but feasible.

My wish:

*Specific; requires self-control;
can be accomplished in time frame*

Get an A on my biology quiz

O

OUTCOME

What will be the best result from accomplishing your wish? How will you feel?
Pause and really imagine the outcome.

Best outcome:

*Fulfilling and motivating; clearly visualized;
reduced to most crucial aspects*

I'll feel proud

O

OBSTACLE

What is the main obstacle inside you that might prevent you from accomplishing your wish?
Pause and really imagine the obstacle.

My obstacle:

*Inner obstacle, not outside barrier; clearly visualized;
reduced to most crucial aspects*

I procrastinate

P

PLAN

What's an effective action to tackle the obstacle? Make a when-then plan.

When:

Then I will:
(my action)

Observable action rather than internal decision

I finish dinner

*Student has all resources/skills needed to
implement plan*

Make 5 flash cards

WOOP Teacher Example

Character LAB

WWW.CHARACTERLAB.ORG

WOOP helps people do the things they really want to do.

W

WISH

What is an important wish that you want to accomplish? Your wish should be challenging but feasible.

My wish:

Grade all unit exams before Monday

O

OUTCOME

What will be the best result from accomplishing your wish? How will you feel?
Pause and really imagine the outcome.

Best outcome:

Less stress; kids get feedback

O

OBSTACLE

What is the main obstacle inside you that might prevent you from accomplishing your wish?
Pause and really imagine the obstacle.

My obstacle:

Write too much feedback

P

PLAN

What's an effective action to tackle the obstacle? Make a when-then plan.

When:

I grade exams

Then I will:
(my action)

time myself for 4 min per exam