

My WOOP Record

Wish: What is your wish, a wish that is challenging, but feasible?

Note your **Wish** in 3-6 words: _____

Outcome: What would be the best outcome of fulfilling your wish?

Note your best **Outcome** in 3-6 words: _____

Imagine....

Obstacle: What is it within you that holds you back from fulfilling your wish?

Note your main inner **Obstacle** in 3-6 words: _____

Imagine...

Plan: What can you do to overcome your obstacle?

Note your action or thought in 3-6 words: _____

Fill in the blanks below:

If... _____, then I will... _____
(your obstacle) (your action or thought to overcome obstacle)

Imagine once more...

If... _____, then I will... _____
(obstacle) (action)