Welcome to <https://www.woopmylifetoolbox.org/>.

This site contains supporting videos, tools, and documentation to implement WOOP in your own life and in the lives of people you may be serving in your employment or related human service program. WOOP stands for Wish Outcome Obstacle Plan, a four-step process based on the science of mental contrasting with implementation intentions, which helps people identify and visualize their wishes, the inner obstacles that stand in their way, and the plan to overcome those obstacles. People use mental imagery at discrete points to engage motivation and noncognitive processes that help them stay on track.

At the bottom of the homepage, the user sees a diagram that briefly outlines the four steps of WOOP. Above the diagram are links to four main pages: Let’s WOOP, Why WOOP, Help Others WOOP, and Additional Resources.

The [***Let's WOOP***](https://www.woopmylifetoolbox.org/letswoop) page directs users to the video of the same name. In the video, the founder of WOOP, Gabriele Oettingen, walks a small group through the WOOP process from start to finish. There is also an audio-only version. Users can watch the video or listen to the audio to experience WOOP themselves or to lead others through WOOP, either individually or in a group. Also on this page are links to the Written WOOP Guide, a PDF that provides a script to walk people through the WOOP steps; a link to download the audio version; and a link to download the WOOPMyLife mobile app.

The [***Why WOOP***](https://www.woopmylifetoolbox.org/whywoop)page focuses on how WOOP was developed and how it works. A video called The Science of WOOP describes WOOP’s underlying principles from psychology and science. The user can also find links to download the video and a related podcast, as well as a link to the [woopmylife.org](http://woopmylife.org/woop-1) website, which has a more in-depth look at the science behind WOOP and has more information on its process and tools.

The [***Help Others WOOP***](https://www.woopmylifetoolbox.org/helpothers) page is designed to help people lead other individuals through WOOP. The third available video, Sharing WOOP with Others, focuses on leading an individual through WOOP and is followed by a debrief, digging deeper into the specific example of WOOP from the video. This page contains links to several more materials that can be used to help guide others through WOOP. For example, the Mental WOOP Guide (PDF) provides a script for guiding someone else through WOOP. The WOOPObservation Checklist can be used to help a user review the WOOP process when she or he is practicing WOOP. The checklist is a step-by-step breakdown of the key components that go into each phase of WOOP. There are also links to two more videos, The Four Steps of WOOP—a narrative description of each step—and The Voices of WOOP, which provides testimonials on the success of WOOP.

Lastly, links to download the WOOP app, visit the [WOOPmylife.org website](http://woopmylife.org/woop-1), read stories about how others have used WOOP in their personal or professional lives and a form to request training can all be found on the [***Additional Resources***](https://www.woopmylifetoolbox.org/additionalresources) page.