

Let's WOOP

A WOOP is a simple 4-step process to help put a goal into action. It can be used in every day life and in long-term development. It can be used for a wish that's short-term and long term, big and small. We will use this to help you to implement your personalised health plan and achieve the results that you desire.

W - Name a WISH that is challenging but feasible

O - Find the very best OUTCOME and imagine it vividly

O - Find you biggest OBSTACLE and imagine it intensely

P Make an IF-THEN-PLAN of how to overcome the obstacle

To start with, it might seem awkward or challenging, but with more practice it can become a way of life to help you through difficult, stressful and challenging times.

WISH:

Consider the next period of time....what is your one dearest wish that you would like to fulfil and that would be possible in this time frame e.g. going to bed earlier, eating breakfast, doing some exercise. Make it challenging, but something that is possible to achieve. Write your wish down here.

Eat carbohydrates and protein earlier in the day.

OUTCOME:

What is the best outcome that you associate with fulfilling your wish? How would it make you feel? Perhaps it's feeling strong or needed, being there for others. Take a moment to find the BEST thing about achieving your wish. Summarise that into 3-6 months in your mind. Now truly imagine it - how does it feel, taste, smell....? You can jot this down here too.

Feeling more energetic and not so tired so that I can be more active, enjoy doing things with my family and stay strong to support them as needed.

OBSTACLE:

What holds you back from realising your wish? What stands in your way? Maybe its something inside you - an emotion, or behaviour, or self-talk, stubbornness, caring for others? Take a moment to reflect on this. Summarise it in 3-6 words below. Now, imagine that obstacle at it's fullest, what does it look like? Feel like? Sound, taste or Smell like? Jot it down here.

Exhausted. Lack time & energy to complete goal. Too tired at end of work day.

PLAN:

What can you do to overcome your obstacle? Identify one action you can take or one thought you can think to remove your obstacle. Summarise it in 3 to 6 words in your mind. Now make an IF-THEN plan and write it down

If {obstacle} THEN I will [behaviour to overcome your obstacle].

IF I am too tired to prepare my lunch the night before

THEN I will use some of my time at the weekend to prepare my lunches (and freeze, if necessary) for the week ahead