

# WOOP Coaching Model



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<b>WISH</b>	<b>What is your wish, a wish that is challenging, but feasible?</b>
<b>OUTCOME</b>	<b>What would be the best outcome of fulfilling your wish?</b>
<b>OBSTACLE</b>	<b>What is your main inner obstacle that holds you back from fulfilling your wish?</b>
<b>PLAN</b>	<b>What can you do to overcome your obstacle?</b> <b>If _____ (obstacle) then I will _____ (action)</b>

