




Coaching Card Four – WOOP Coaching Model

Our fourth coaching card in the series is focused on this WOOP coaching model. You can [download and print the cards here](#).



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

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This model is one we discovered and love. It is a coaching model to help you turn your wishful thinking into reality. It is so simple, but it can work so well to achieve breakthroughs in our limiting beliefs. It is quick, easy and can be used in all parts of your life domains. Even better, it is based on decades of scientific research!

It will challenge the usual view of positive thinking in which we are told to think about what we want, and the universe will create it for us or somehow it will happen. This model helps us to consider our goals and to prepare for the obstacles. Our mind can be supported with this model to really consider what is holding us back from fulfilling our wishes in life.

“WOOP is a science-based mental strategy that people can use to find and fulfill their wishes, set preferences, and change their habits.”

It has been created and shared by Author and Psychology Professor Gabriele Oettingen. It is a great tool for coaching but is also perfect for self-reflection.

To know more about the WOOP model then check out the [WOOPmylife](#) website for so much content or read this [Harvard Business Review article](#) that Professor Oettingen wrote. You can also watch this [video](#) about the model.

WOOP stands for

Wish

Outcome

Obstacle

Plan

According to the advice from Professor Oettingen, she recommends finding a quiet place where you can think without distractions. Think about a wish which is relevant for you, such as finding a new job, getting a new client, being successful on a project, moving to a new house, getting studies complete, building good relationships with colleagues etc.

Then think about what will happen if that wish would come true. Consider what it would look or feel like.

Next consider the main obstacle in your way to this outcome. Imagine the obstacle and then consider what you could do about it.

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This is your plan... if faced with obstacle X, then you will take action Y.

Then complete the following card to capture your reflection and to have a record of your plan. This will also give you some accountability in working towards your wish.

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So why does this work? It helps us see how we can make wishes more within our reach. We get confidence in knowing how to tackle obstacles in life. It also frees up your mind as we are not anxious or worried as much about what might face us.

Also, if we keep thinking about what we want in life, but cannot seem to achieve it, then it could make us feel we do not have the power within us to be happy. By carefully considering the obstacles and having an action to overcome them, our goals are more attainable.

Some caution, in setting your wish, do make it something that is achievable. I am sure we would all love to win the lottery this week, but can we really take any positive actions to remove obstacles for that?

If you have any questions, then please contact us at coaching@cmcbp.co.uk. We would also love to hear from you on how you have used this model.

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