

REACH YOUR GOALS

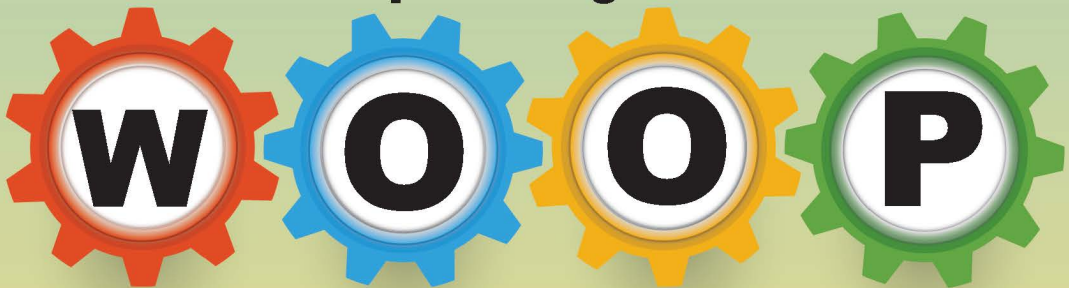
Make Wishes a Reality with **WOOP**

WOOP is a proven mental strategy that uses visualization to help you achieve your goals.



VISUALIZE, THEN OVERCOME.

WOOP helps you anticipate obstacles to create an effective plan for goal attainment.



Summarize each step in 3-6 words.

WISH

- Identify a wish you want to fulfill, and a set time period for achieving it
- Make sure your wish is challenging, but attainable

OUTCOME

- Visualize the positive outcome that results from attaining your wish
- Clearly picture what attaining the outcome would feel like

OBSTACLE

- Identify what internal obstacle keeps you from achieving your goal
- Visualize encountering the obstacles

PLAN

- Make a plan to overcome your obstacles, phrase the plan in an "if/then" statement
- Clearly visualize yourself executing your plan the moment you face the obstacle



For more ways to strengthen your resilience connect with us at:

@ArmyResilience  