



My Sports WOOP

Name: _____ Date: _____

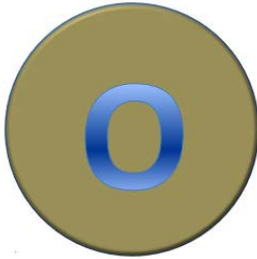
For each of the 4 areas below, write your response in 3 to 6 words



WISH: A meaningful, challenging, and feasible goal

“What is an important wish that you want to accomplish in the next _____ [time period – game, season, etc]?”

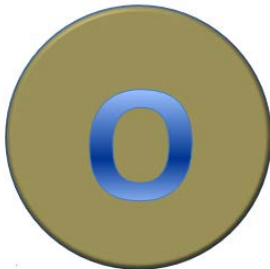
Your wish should be challenging but feasible, AND personally important.



OUTCOME: The best result or feeling from accomplishing your wish

“What will be the best result from accomplishing your wish? How will you feel?”

Hold that OUTCOME in your mind. Take a moment to really imagine it.



OBSTACLE: Something inside you (within) that prevents you from accomplishing your wish

“What is the main obstacle inside you that might prevent you from accomplishing your wish?”

Hold that OBSTACLE in your mind. Take a moment to really imagine it.



PLAN: Select an effective action to tackle the obstacle.

“If _____ [obstacle], then I will _____.”

Commit to working your plan. Stay with it. It will take more than one try.

NOTE: a WOOP can focus on increasing performance, improving process, the mental game, etc.