

Go Beyond Goal Setting: WOOP & Actually Achieve Your Goals!



Changing Winds Photography





Horsemanship Life & Confidence Coaching

Go Beyond Goal Setting. WOOP & Actually Achieve Your Goals!

If we only thought about the positive, we wouldn't achieve anything. If we didn't think or feel any negative thoughts, we wouldn't have any reason or motivation to change. Yet if we only focus on the negative, we wouldn't try to achieve our goals either.

In her book "Rethinking Positive Thinking" researcher Gabriele Oettingen explains that when you balance positive thinking about a desired outcome with a realistic look at the challenges and obstacles that might arise, you are much more likely to achieve your goals. Gabriele balanced this by creating her goal setting framework called WOOP.

The steps to WOOP are: Wish, Outcome, Obstacle, and Plan. WOOP is a very easy mental strategy to practice.

First, watch the WOOP video.

Then, print out the next page, complete the WOOP process, and take it to the barn with you and review it before you ride!

Let's Get Ready to WOOP!

Chevy



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WOOP: Wish, Outcome, Obstacle, Plan

Choose a WISH for your next ride.

Visualize the OUTCOME, how you will feel at the end of your ride when you have achieved your wish.

Visualize the inner OBSTACLE to achieving your wish.

**Then create a PLAN using the Implementation Intention format:
"If OBSTACLE occurs, then I will ACTION or THOUGHT."**