

Make a plan for getting homework done

Use a proven technique called mental contrasting to create a workable plan.

	Instructions	My WOOP
W	What is an important <u>wish</u> you want to achieve? It should be challenging but realistic.	My Wish:
O	What would be the best <u>outcome</u> from achieving this wish. How will you feel?	Best Outcome:
O	What is the main <u>obstacle</u> , inside of you, which might prevent you from achieving your wish?	My Obstacle:
P	What is an effective <u>plan</u> to overcome your obstacle. Make a when-then plan.	Plan - When: Then I will:

