



WIN THE DAY

WOOP GOAL SETTING

Created By:

Allie Perugini, Embark Mental Performance

WISH →

WHAT IS YOUR SHORT OR LONG TERM GOAL?

OUTCOME →

WHAT DO YOU ENVISION ACHIEVING THIS OUTCOME WILL LOOK LIKE AND FEEL LIKE?

OBSTACLES →

LIST ALL THE POTENTIAL OBSTACLES YOU BELIEVE MIGHT GET IN THE WAY

PLAN →

BRAINSTORM SPECIFIC ACTION STEPS TO OVERCOME THE ABOVE OBSTACLES AND ACHIEVE YOUR WISH

WHO WILL HELP SUPPORT ME OR HOLD ME ACCOUNTABLE?