

WOOP!

WOOP is a goal setting technique developed by Gabriele Oettingen.

It is differently structured than **SMART** goal setting, and you'll need to do the work of translating your wish/want into action steps that show up on your calendar (*i.e., Wednesday, 10 AM to 11:30 AM, draft paper outline and introductory paragraph, and begin bibliography*), or appear in your workspaces (*i.e., I'm not going to visit any social media sites during planned study time*).

If you've never tried this before, experiment with it and see how it goes!

Wish/want:

What's something that's just for you, that comes from deep inside you, that your truly wish to have happen, or that you want to achieve?

Outcome:

What will your success look and feel like? Where/what will it help you reach in life? Take your time. Close your eyes and really imagine it. Where will you be? What will you do? How will you know?

Obstacle(s):

What could get in your way, or throw you off track, or keep you from reaching your wish or your want? Close your eyes again, and get inside your head. Think about *internal* obstacles and also *external* obstacles.

Plan:

Now that you've charted some of the obstacles you could encounter, begin to plan for how you'll navigate them, should they occur. Think of this as an If/Then exercise: If _____, then _____.

- Record *proactive strategies* (what you'll do to avoid the obstacle), and
- *Reactive strategies* (what you'll do when you find yourself right in the middle of the obstacle).



SUNY Fredonia Counseling Center

Practice Wellness Everyday - Live with Intention!

Get up early enough to prepare for the day with intention

Fuel-Eat a Healthy Breakfast – Hydrate!

Hygiene –Dress for Success

Get to school/work early and stay late – attend school events/volunteer

Phone Free Zone (Addiction to electronics)

Move/Exercise/Stretch- a little goes a long way

Alcohol and caffeine in moderation

Strengthen/Stimulate your Ventral Dorsal sate of healing and social engagement

Three good things

Get to bed early enough to get 7 hours of sleep

Movement: walking, jogging, yoga, tai chi, and qigong that use bodily movements and co-ordinations promote well-being.

Breathing exercises: e.g., meditation, mindfulness, and other breathing techniques. The breathing should be deep and slow, and the exhalation longer than the inhalation. Expanding your diaphragm as you inhale and aim for around six breaths per minute.

Good and balanced nutrition: There is a strong connection between the digestive system and well-being. Eat a balanced diet that include probiotic and prebiotic (also strengthen the immune system and ease depressive symptoms), while cutting down on simple sugar and high-density carbohydrates.

Laughter: Having a good laugh boosts your mood, strengthens your immune system, and enhances well-being.

Singing/chanting: Loud singing activates the vagal break on the heart's pacemaker (sinoatrial node) which triggers a parasympathetic response. Where you're anxious, singing helps to reset the body's sympathetic response to stress.

Massage: body/foot/head massage also stimulates well-being and activates oxytocin which inhibits the release of stress chemicals.

Other ways to stimulate well-being include playing wind instruments, dancing, cold water face immersion, loud gargling with water, filling the mouth with saliva, positive affirmations, positive social connection, intermittent fasting, prayer, seafood (EPA and DHA), sleep, laying on your right side, acupuncture, sun exposure