

WOOP Intention for _____ Month: _____

<h1>Wish</h1> <p>What is your most important wish or concern regarding your health? Pick a wish that is challenging for you, but that you can fulfill.</p>	
<h1>Outcome</h1> <p>What would be the best thing, the best outcome about fulfilling your wish? How would fulfilling your wish make you feel?</p>	
<h1>Obstacle</h1> <p>(inner) What is it within you that holds you back from fulfilling your wish? What is it in you that stands in the way of you fulfilling your wish? What is your main inner obstacle?</p>	
<h1>Plan (if-then)</h1> <p>What can you do to overcome your obstacle? Name one action you can take or one thought you can think to overcome your obstacle.</p>	

Is your goal S.M.A.R.T?

___ Specific • ___ Measurable • ___ Action-Oriented/Attainable • ___ Realistic/Relevant • ___ Time-Bound/Timely

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