

TIP: WOOP Methode: Achieve your goals and visions**Author: LebensGroß GmbH****EntreComp Competence Framework: Visions**

This tip is suitable for teachers/mediators and pupils/learners. This tip can be used in all kinds of different situations. The **WOOP method** is an acronym and is a strategic approach and learning method for achieving goals. This method can be used in all areas and with all target groups in a simple and uncomplicated way and requires positive thinking.

Purpose and recipients

This tip is helpful and useful to achieve goals and visions and is suitable for fulfilling personal wishes: The method is suitable for all target groups, it can be done in class, in lessons or even alone or with family members.

WOOP is suitable for everyday use, inexpensive and requires little time. It is easy to understand and perform and has a positive impact on life.

Description of the tip

Tips and recommendation can be used in many areas. The method is called WOOP. The WOOP method was developed by Gabriele Oettinger and is a method for achieving goals in four steps. It starts with a concrete wish of a person and the result is a specific goal. This is a step-by-step planning process. It should also be possible to remove obstacles that prevent the achievement of goals.

- **W – WISH:** What is the goal to be achieved? The first step is to think about the wish and the goal, identify the wish. To do this, the wish is written on a piece of paper and full concentration is directed towards the wish.
- **O – OUTCOME:** What is the result if the wish is fulfilled? Here it is imagined, what would it be like to have achieved the goal?



- O – OBSTACLE: This is about obstacles. Obstacles should be seen as an incentive to remove or overcome them oneself. Here the question is asked: Are there obstacles, what are the obstacles?
- P – PLAN: A plan is made to remove the obstacles. How can the obstacle be removed? In this step it is clarified whether the obstacles can be removed independently (*e.g. Obstacle: I wanted to do something yesterday, but then xy got in the way. Situations like this happen and you have to think through such situations in advance and make a plan in case such a situation arises) (cf. woop my life).

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Best practices or useful examples

This method is also particularly suitable for life-related goals.

Example: The WOOP formula is a metacognitive strategy. This means that I influence my thinking with the help of my thinking. Goal setting with the WOOP formula involves two important building blocks: positive thinking and mental contrasting (cf. Schlag 2020).

W: I would like to get a better grade in mathematics.

O: I imagine that I will then be able to calculate better and that it will be easier for me to save and manage money, for example.

O: To practise and study regularly.

P: I plan fixed study times in my weekly schedule. When I don't feel like practising, I imagine what I could buy with my money.

- [Home — WOOP my life, https://woopmylife.org/en/home](https://woopmylife.org/en/home)
- [What is WOOP? - YouTube](#)
- [The WOOP exercise - YouTube](#)
- [Practice — WOOP my life](#)
- Schlag Myriam 2020 : Ziele formulieren mit SMART undn WOOP : [Ziele formulieren mit SMART und WOOP – lern-inspiration.de](#)



