What do I do well already?

What is one goal I want to work on? How would it feel if I were successful?

What might get in my way?

If (obstacle) then (action) plans:

If _______________________ then ________________________.

If _______________________ then ________________________.

If _______________________ then ________________________.

If _______________________ then ________________________.

Adapted from Dr. Gabriele Oettingen’s WOOP Method