WOOP
Wish, Outcome, Obstacle, Plan
(Mental Contrasting Implementing Intentions - MCII)

Urban 5th grade public school students who were instructed and encouraged to utilize WOOP (MCII) demonstrated significant improvement in self-regulation, measured in their grades, attendance, and school conduct. WOOP (MCII) was also found to be effective for adults. Adults who utilized WOOP (MCII) were twice as physically active over a 4 month period than adults who only received information about physical activity benefits.

WISH: Take a few minutes to think about your most important wish or goal related to adolescent safety or adolescent learning. The wish or goal should be challenging but something specific you can achieve in a few weeks or months. Write it below.

OUTCOME: What would the one best outcome of fulfilling your wish/goal be? Take a few minutes and then write it below.

OBSTACLE: Write down an obstacle that could prevent you from achieving your wish/goal. Also consider when and where you might encounter this obstacle.

(If...)

PLAN: Create a plan for the action you will take if you encounter this obstacle.

(Then...)