

WOOP

Wish, **O**utcome, **O**bstacle, **P**lan
(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...)

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