

Set Your Woop Goals

Wish

Which goal(s) do you want to achieve?

- Find 10 relevant journal articles
- Write 3 of 6 pages for my reflection paper

Outcome

What will be the best result and how will you feel when you achieve this goal?

If I finish this today, I can spend the rest of the weekend guilt-free with my family and friends.

Obstacle

What are your main obstacles?

- Distractions, especially my phone
- I'm TIRED.

Plan

How can you tackle these obstacles?

- Put my phone in another room and schedule small breaks to check it.
- Use longer breaks to take a power nap instead of checking social media.

Don't forget to add your goals to the GroupMe Chat!