

Your Quarantine Goal Setting Worksheet

Plan it

Everyone meets obstacles on the way to achieving a goal. But studies show you'll be more likely to succeed if you see those roadblocks coming. Work through the WOOP technique below to up your chances of success!

<p>Wish</p> <p>Write a realistic goal that you'd love to achieve.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Outcome</p> <p>How would you feel if you attained this goal? How would your life be different?</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Obstacle</p> <p>What's likely to stand in your way? List as many obstacles as you can imagine.</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Plan</p> <p>How will you deal with each obstacle?</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>