

WOOP your way to a better life X3:

Name your **WISH** in 4-12 words: _____

Name you best **OUTCOME** in 4-12 words: _____

Name your **OBSTACLE**: _____

Now, the If-Then **PLAN**: IF _____ occurs
THEN I will _____.

Remember: Science says this is extraordinarily powerful.
We can do this for everything in our lives.

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