

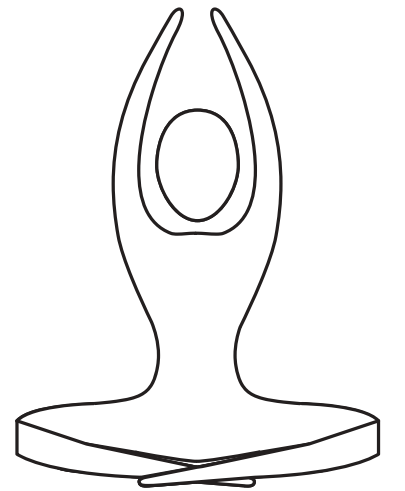
WOOP

W- WISH:

O- OUTCOME:

O- OBSTACLE:

P- PLAN:



CREATE YOUR SMART PLAN

S- SPECIFIC

M- MEASURABLE

A- ACHIEVABLE

R- REALISTIC

T- TIMELY

HOW TO TEACH SELF-REGULATION

SKILLS:

TEACH THE BRAIN/BODY
FUNCTIONS OF EMOTIONS

HELP IDENTIFY THE SPECIFIC
EMOTIONS YOU FEEL

PRACTICE BEING PRESENT

POINT OUT PAST SUCCESSES

START WITH SMALL GOALS

REFRAME NEGATIVE THOUGHTS

CONSIDER OBSTACLES AND FIND
SOLUTIONS

FIND YOUR PRIORITY

ASK FOR HELP

IMAGINE THE SUCCESS

USE THE "IF, THEN" POLICY

HOLD YOURSELF ACCOUNTABLE

