

# The Counterpoint Club

## A Chamber Music Podcast

*Opus 4 Episode 5 - The Neverending Story*

### Goal Setting Strategy

Here is an effective way to set goals to incorporate the reality that you will face adversity in your process, called the WOOP method. WOOP helps you to come up with strategies to mitigate obstacles that could derail your progress along the way towards realizing your goals.

### WOOP

**Wish:** Establish a goal that you want to achieve.

**Outcome:** Visualize yourself successfully reaching your goal.

**Obstacle:** Also visualize obstacles that will likely get in the way.

**Plan:** Create an if/then contingency plan to overcome these obstacles.

