

Vision board + the part that makes it work

Pictures alone can make a goal feel finished before it starts. Add the obstacle and an if-then plan, and the board turns into something your child can act on this week. Four dreams is plenty.

Dream 1

Dream 2

Dream 3

Dream 4

WOOP CARD FOR THE DREAM YOU PICKED FIRST

W – Wish	One dream from the board. Say it in a sentence.
O – Outcome	The best thing about reaching it. How will it feel?
O – Obstacle	The thing inside you that gets in the way. Be honest.
P – Plan	If [obstacle] happens, then I will [action].

WOOP is Gabriele Oettingen's method: wish, outcome, obstacle, plan.