



CREATE NEW HABITS

RIA TIP #3

W.O.O.S.H. is a scientifically proven technique that helps you to **create new habits** which will move you closer towards achieving your bigger goals.

For example, **if your bigger goal is to be more assertive at work**, then a Wish could be speaking up at meetings, asking colleagues for help, saying no without guilt, etc.

W.O.O.S.H stands for:

W		WISH
O		OUTCOME
O		OBSTACLE
S		STRATEGY
H		HOW DID IT GO?

If you would like the support of **ReFocus Coach**, sign up [here](#).

Instructions:

1. Every morning, **add a WISH, OUTCOME, OBSTACLE and STRATEGY** to your W.O.O.S.H Summarise each item in a few words.
2. Every evening, complete the final section: **'HOW did it go?'**
3. Based on your response, **adjust your STRATEGY** until you have found the most effective way to **overcome your OBSTACLE** and establish a **new habit**.

DATE: _____



WISH

Summarise in a few words: What would I like to achieve today that is challenging but feasible?



OUTCOME

Imagine: What would success look like? How would I feel?



OBSTACLE

Visualise: What inner obstacle - a feeling, an emotion, a bad habit, an irrational belief - will hinder a successful outcome?



STRATEGY

Plan: What can I do to overcome the obstacle?



HOW

Reflect: How did it go? If well, how can I replicate this tomorrow? If not so well, what can I do differently tomorrow?

THE BEST WAY TO PREDICT THE FUTURE

is to create it

- ABRAHAM LINCOLN -