
WOOP My Irish Language

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www.bitesize.irish/blog/woop

WOOP method by Gabriele Oettingen, Professor of Psychology, New York University - no affiliation with Bitesize Irish Gaelic. Our thanks to her and her colleagues.
<http://www.psych.nyu.edu/oettingen/>



Bitesize
Irish Gaelic

**“Learning the Irish
language is so important to
me, to make a real
connection with my Irish
heritage.”**

–
**You want to speak
the Irish Language?**

**So what's stopping
you?**

Reasons given for NOT learning

- “I don’t get around to it”
 - “I’m too old”
 - “I’m not a languages person”
-

**But you don't "learn" the
Irish language.**

**You eventually achieve
that outcome by always
taking the next bitesized
step.**

(David Allen, Ready for Anything)

WOOP!

Method by Gabriele Oettingen
(Professor of Psychology at New
York University and the
University of Hamburg) and
colleagues.

“WOOP is a practical,
accessible,
evidence-based
mental strategy that
people can use to find
and fulfill their wishes
and change their
habits.”

Four Steps

To WOOP your Irish Gaelic

Step 1

What is your wish?

What's your most important wish?

Step 2

What is the best outcome?

What's the best outcome? How would fulfilling your wish make you feel?

Step 3

What is your main inner obstacle?

What's *within* you that's holding you back?

Emotion, or internal belief.

Think more deeply, what is it really?

Step 4

Make a plan

Identify one action you can take to overcome your inner obstacle.

“If ...[obstacle]..., then [my plan].”

Source of the method

<http://woopmylife.org>

Not affiliated with Bitesize Irish Gaelic.

Why WOOP Your Irish Language?

- Leverage what science knows about achieving your goals
 - Beating yourself up about lack of progress is NOT the answer
-

When do you WOOP?

- Now
 - And anytime you're feeling stuck
-

How do you WOOP?



WOOP your Irish language learning now!

Click this link:

[“WOOP My Irish Language”](#)

guided form to get personal feedback
