

Daily Exploration:

Let's try a little WOOPing, shall we? A bit of advice before diving in: You may be inclined to go big out of the gate. That's probably not a great idea. Pick something simple in the beginning. Something like "I want to walk for five minutes every morning before work." Two ways to go about it:

1. Use the WOOP My Life app. Because Oettingen isn't only about what happens in the lab, but also about what happens in life, she's turned the entire WOOP method into a free app that you can download. You can find it over at woopmylife.org. Spend a little time, think about something you'd like to make happen, then head on over and let the app be your guide.
2. Do it on paper. Over at goodlifeproject.com/bookinsider, I've included a full-page template designed to walk you through the process of creating your first manifestation quest using the WOOP method.