



# If-Then exercise

The science of setting goals can often fail to address the barriers and obstacles that could pop up and sabotage our ability to achieve them.

Using an **If-Then** framework helps take your goal setting to the next level by identifying the scenarios of "If this happens...", "then I could do this..." to overcome it.

Source: Based on the science of Dr. Gabriele Oettingen et al. <https://woopmylife.org>

## A framework for overcoming obstacles

Step 1

### MY HEALTH VISION

Write your big picture goal or vision in relation to your health.  
Dream what could be possible.  
What do you want and wish for?

Step 2

### GOAL 1

Write a specific behavioural goal that helps you achieve the above. One that is specific and action orientated.

Step 3

If

### OBSTACLE 1

What is an obstacle that might get in the way of you achieving that goal?  
It may be a situation or your own behaviour.

Write it down as:

"If \_\_\_\_\_ happens..."

If

### OBSTACLE 2

What is an obstacle that might get in the way of you achieving that goal?  
It may be a situation or your own behaviour.

Write it down as:

"If \_\_\_\_\_ happens..."

For each obstacle, list out solutions and behaviours within your control to overcome each obstacle.  
Think of as many as you like and write them down like this:

Step 4

Then

### SOLUTION OPTIONS

"Then I will \_\_\_\_\_."  
"Then I will \_\_\_\_\_."  
"Then I will \_\_\_\_\_."

Then

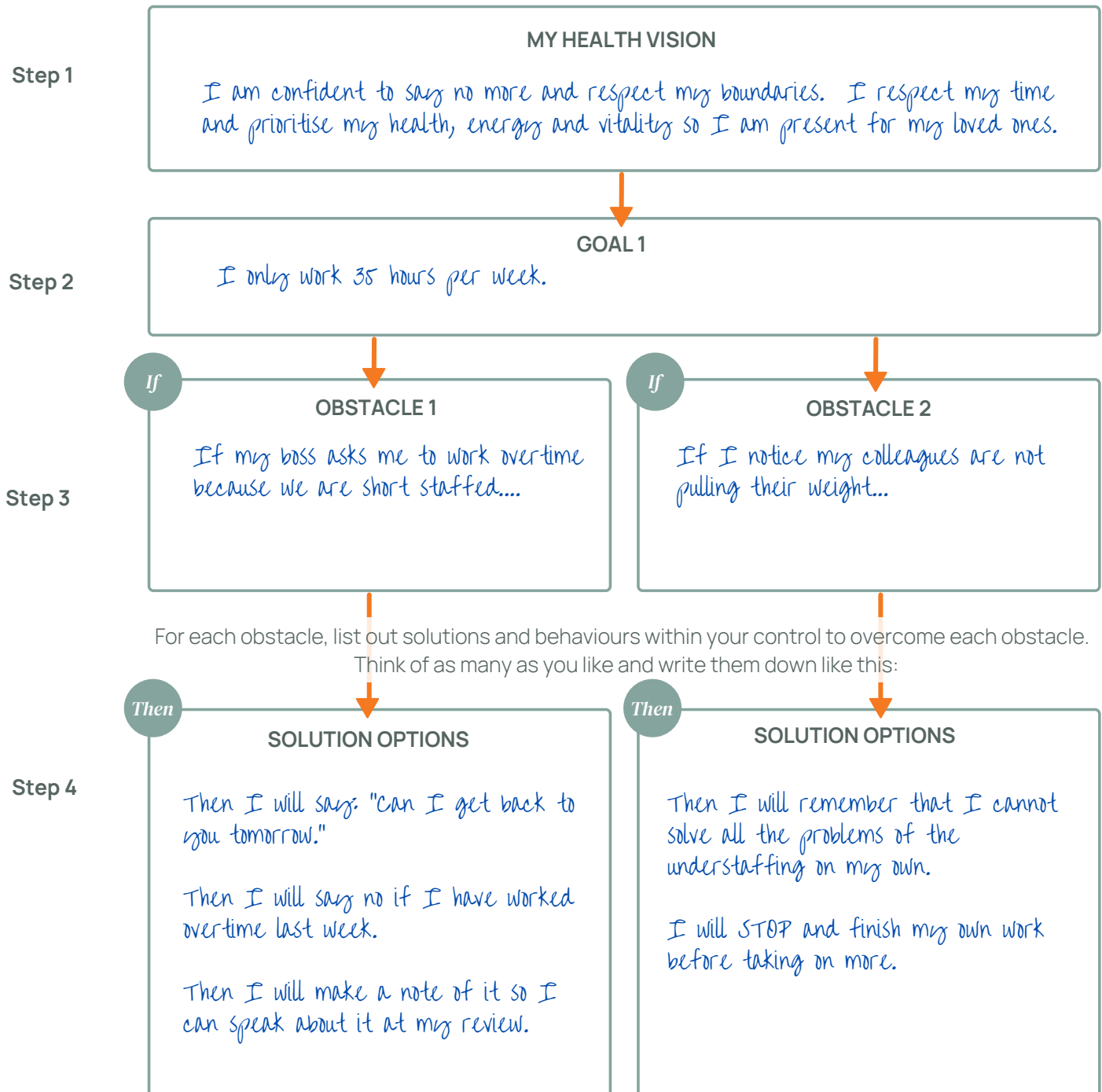
### SOLUTION OPTIONS

"Then I will \_\_\_\_\_."  
"Then I will \_\_\_\_\_."  
"Then I will \_\_\_\_\_."



# If-Then example

**You may have more than one goal. Each goal may have one or more obstacles and each obstacle has its own list of 'then' solution statements.**





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