

Applying Happiness Across Tiers

WOOP Goal-Setting

MTSS connection: ☐ Tier 1 ☐ Tier 2 ☐ Tier 3 ☐ Across tiers

W

WISH *What do I want?*

Choose a meaningful, specific well-being goal for students, staff, or the school community.

O

OUTCOME *What will happen?*

Describe the best realistic result. What will improve, and what evidence will show progress?

O

OBSTACLE *What could get in the way?*

Identify the most likely internal obstacle, such as a habit, assumption, emotion, or competing priority.

P

PLAN *What will I do?*

Create an If-Then plan: If the obstacle appears, then I will take a specific action.