

Goals and Motivation: Positive Psychology Interventions

Notes by Gayle Scroggs, Ph.D., P.C.C.,

- 1. In the CIA call, I presented the WOOP model created by Gabrielle Oettingen, Ph.D. For text and visual resources on mental contrasting, now called WOOP, check out this:**
Woop My Life: <http://woopmylife.org/>
- 2. For a highly useful and readable resource that includes mental contrasting and several other interventions, don't miss this one (and some of her others as well):**
[Succeed: How We Can Reach Our Goals](https://www.amazon.com/Succeed-How-Can-Reach-Goals/dp/0452297710) by Heidi Halvorson, Ph.D.
<https://www.amazon.com/Succeed-How-Can-Reach-Goals/dp/0452297710>
- 3. If you only have time for one, read this--the most important book in the last twenty years in this area (not discussed in the CIA call), in my humble opinion:**
[Mindset: The New Psychology of Success](#) by Carol Dweck, Ph.D.

Want coaching or mentor coaching that includes some highly effective and yet less well known research-based strategies? Then contact me at gayle@essencecoaching.com or gayle@mcpcoach.com