

The top header features a dark blue background with a pattern of small, colorful geometric shapes including triangles, squares, circles, and lines in shades of orange, teal, and white. A white speech bubble with a tail pointing towards the top left is centered in the upper half of this section.

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Defining Next Steps

The bottom footer has a dark blue background with a pattern of small, colorful geometric shapes including triangles, squares, circles, and lines in shades of orange, teal, and white, matching the header's design.

Līga Bērziņa

30.10.2025



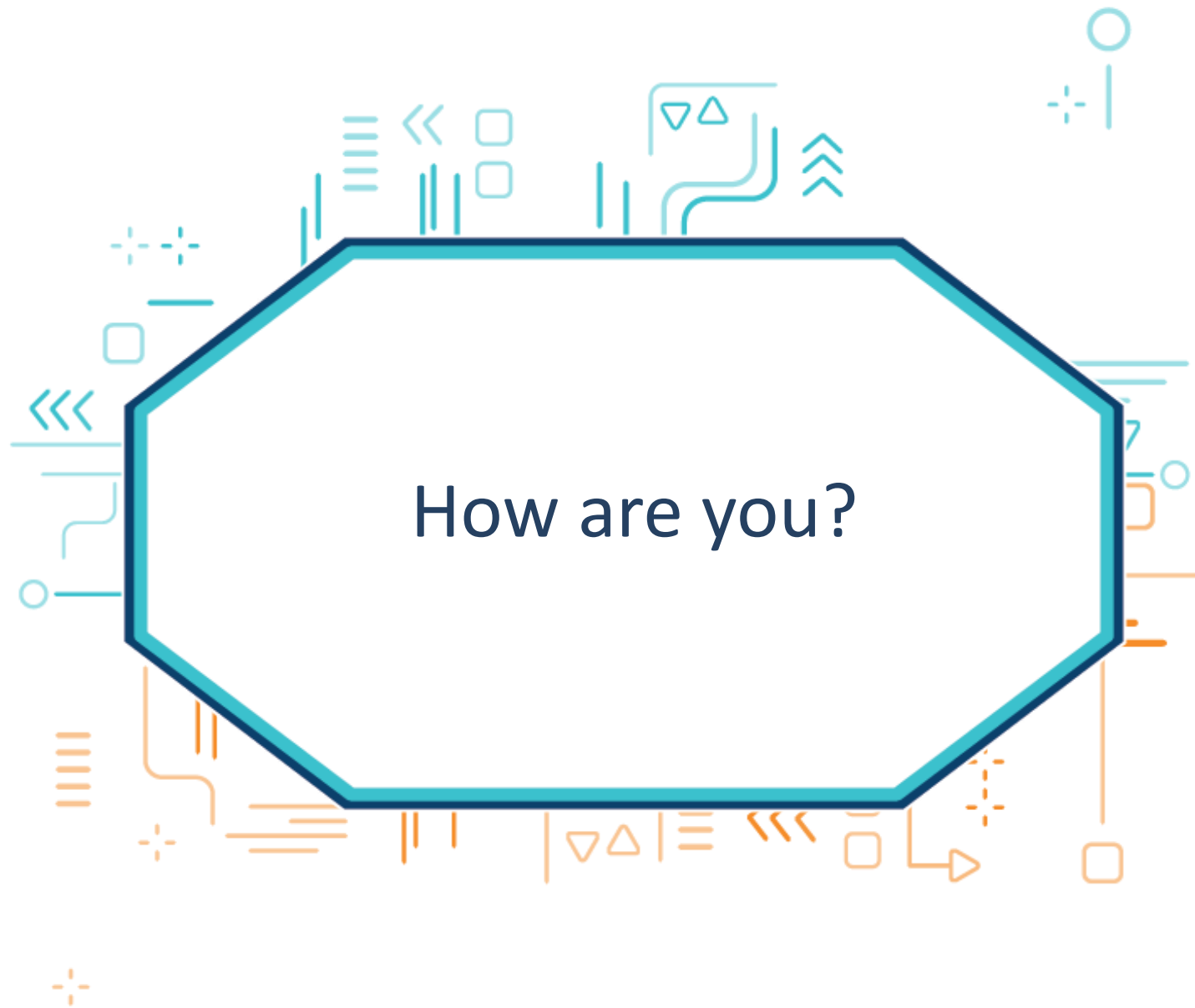
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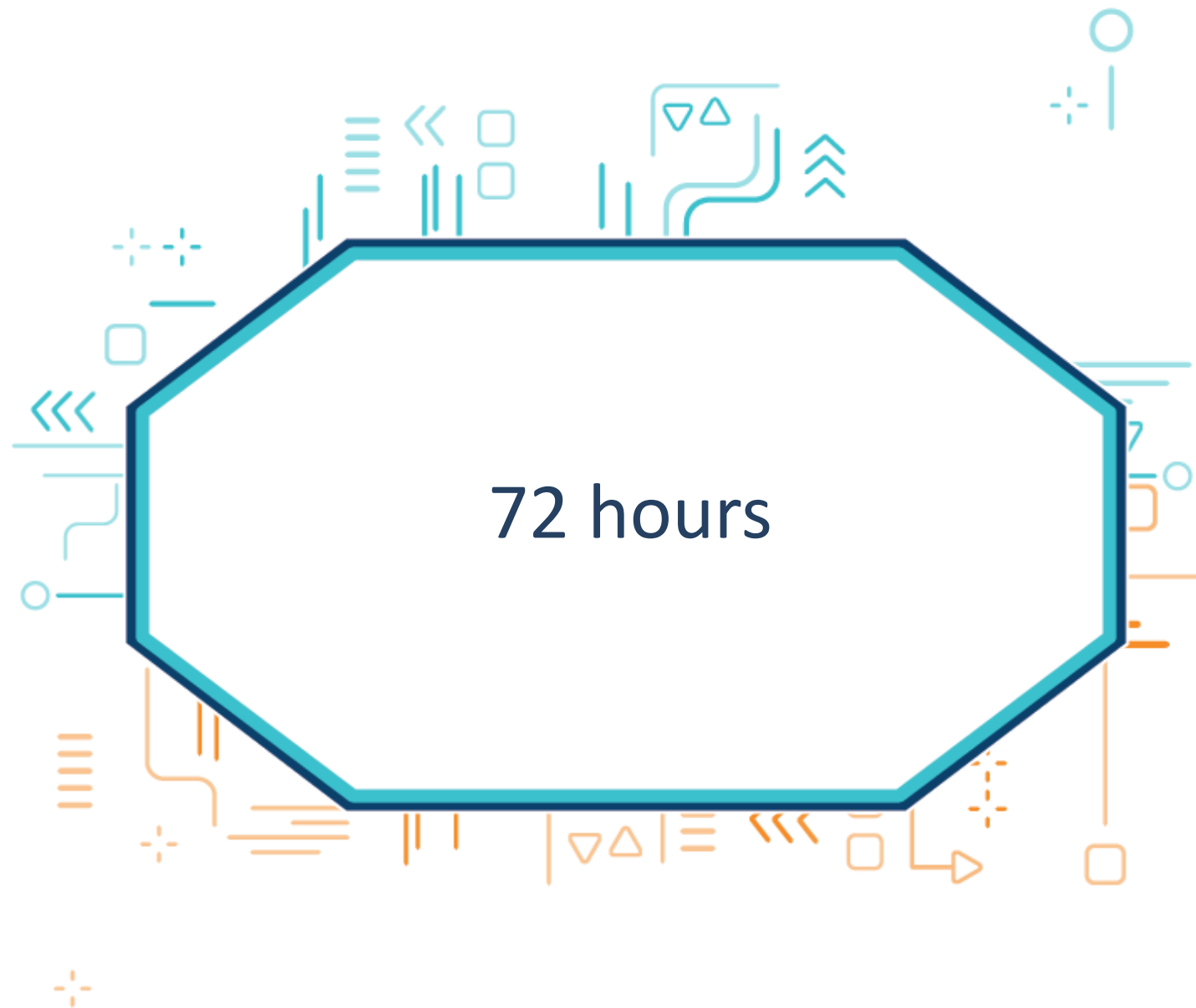
THERAPY SESSION




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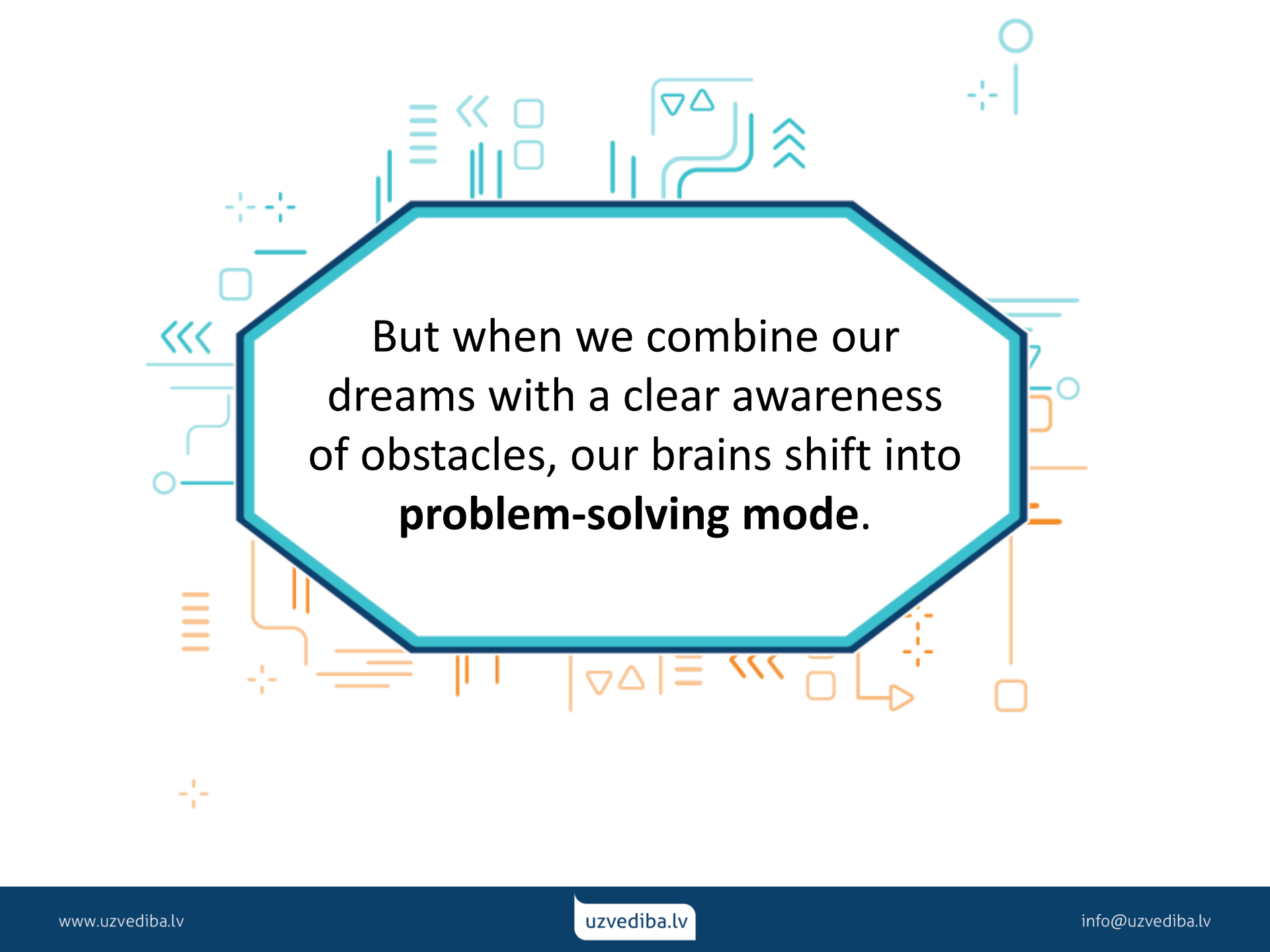
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Ottingen - **positive thinking alone isn't enough** — when people only imagine success, their brains “relax” and they become less likely to act.



But when we combine our
dreams with a clear awareness
of obstacles, our brains shift into
problem-solving mode.

WISH

What do you want to achieve?

Write down one **clear, inspiring wish** for your team, your organization, or your community — something you truly care about achieving in the next 3–6 months.

OUTCOME

What will it look and feel like when your wish comes true?

Describe the **best possible result** of your wish. Imagine it vividly: what will be different, who will benefit, how will you feel?

OBSTACLE

What could stop you from reaching this goal?

Identify the **main inner or outer obstacle** that could get in your way — for example, funds, limited time, unclear roles, low motivation, or conflicting priorities etc.

PLAN

What will you do when the obstacle appears?

Create a concrete **if–then plan** to overcome the obstacle.

