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# Defining Next Steps

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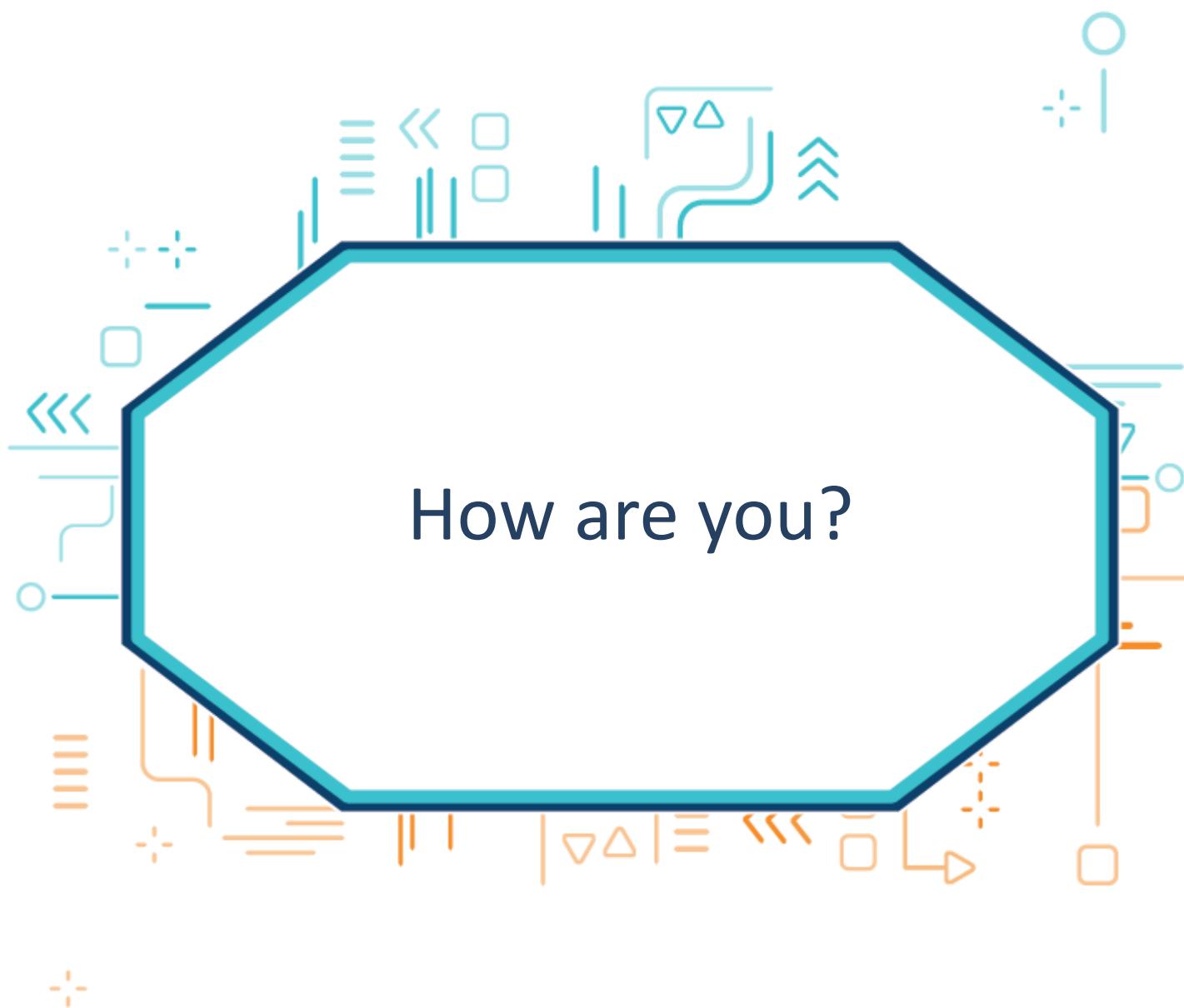
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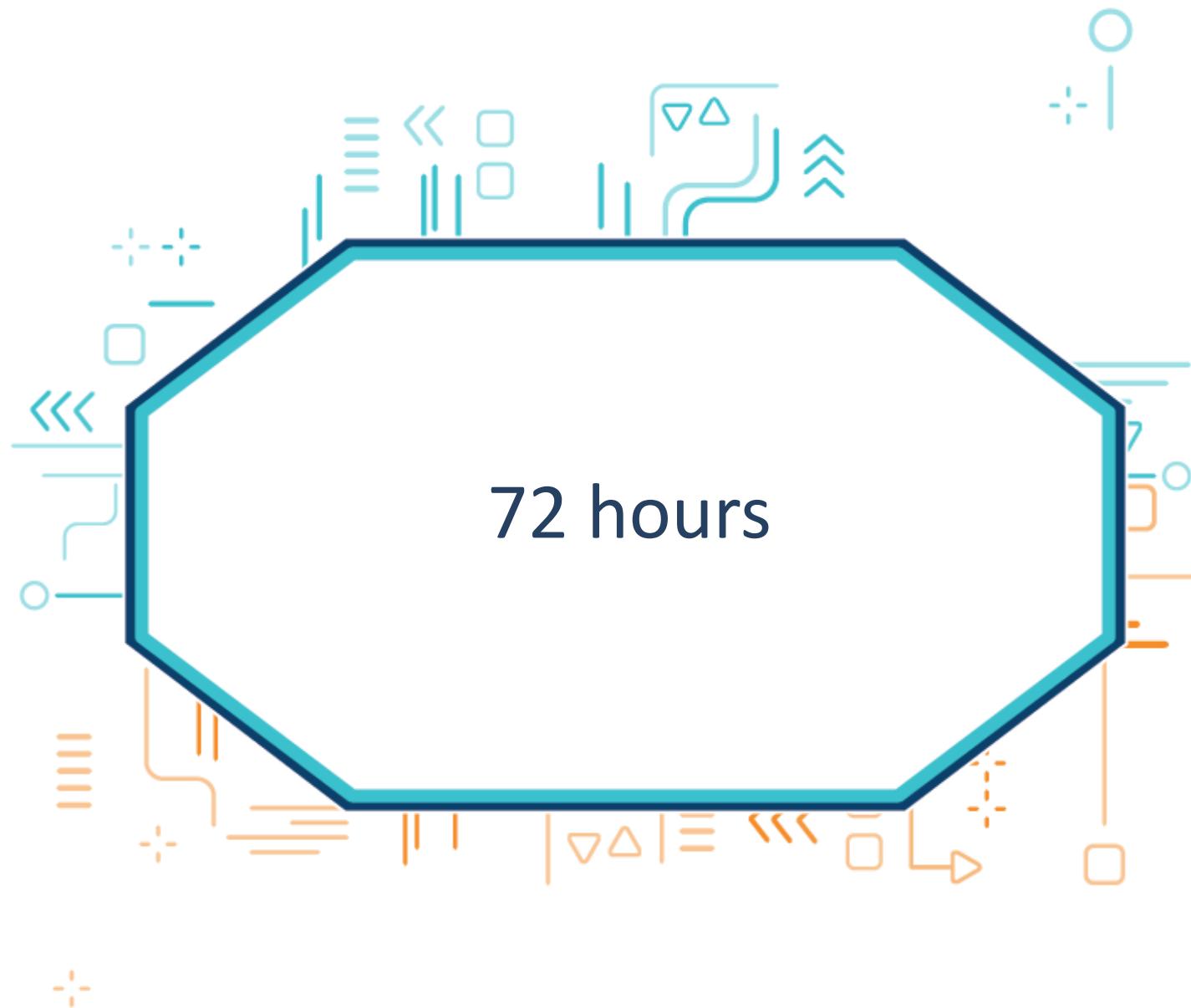
# THERAPY SESSION

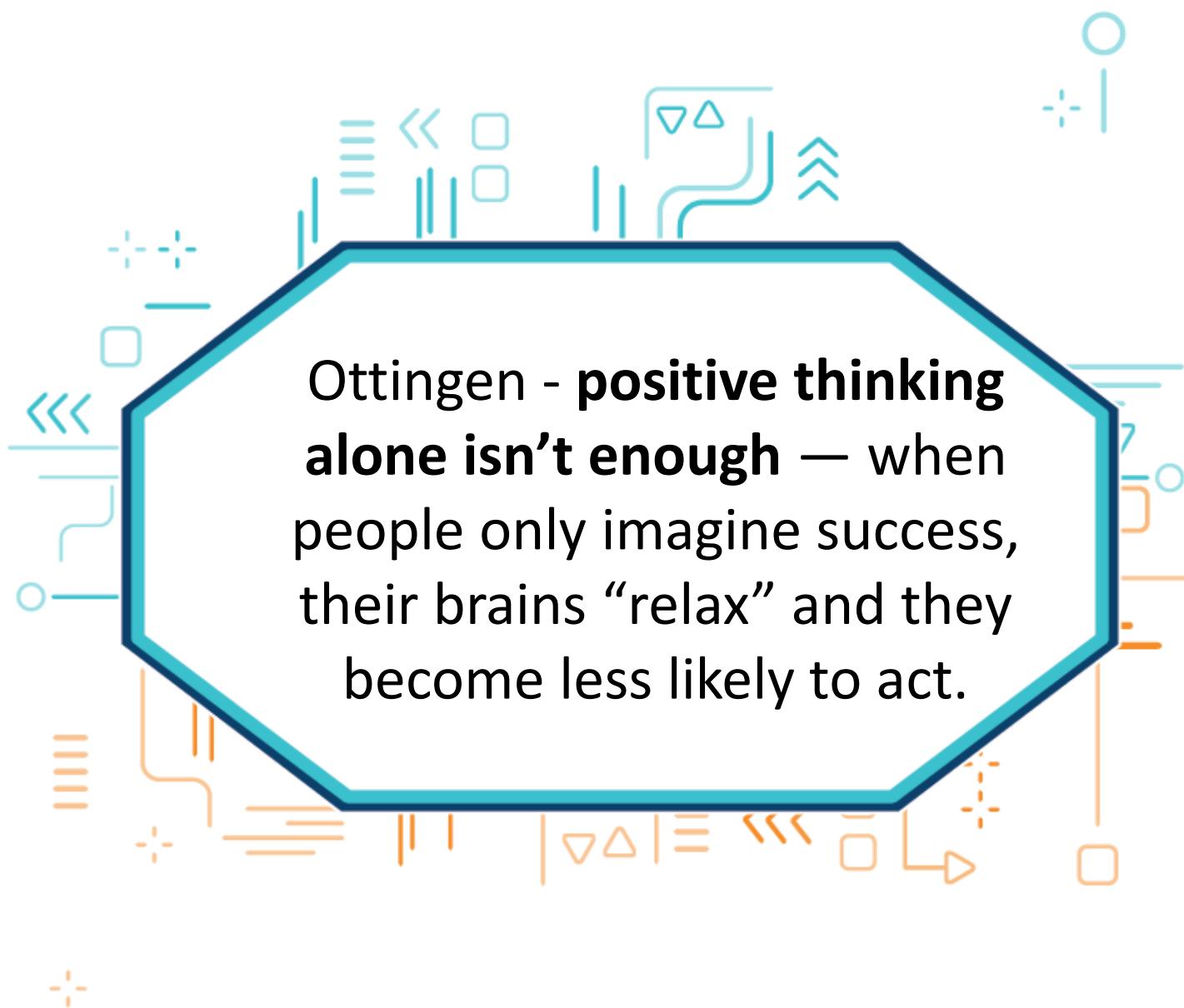
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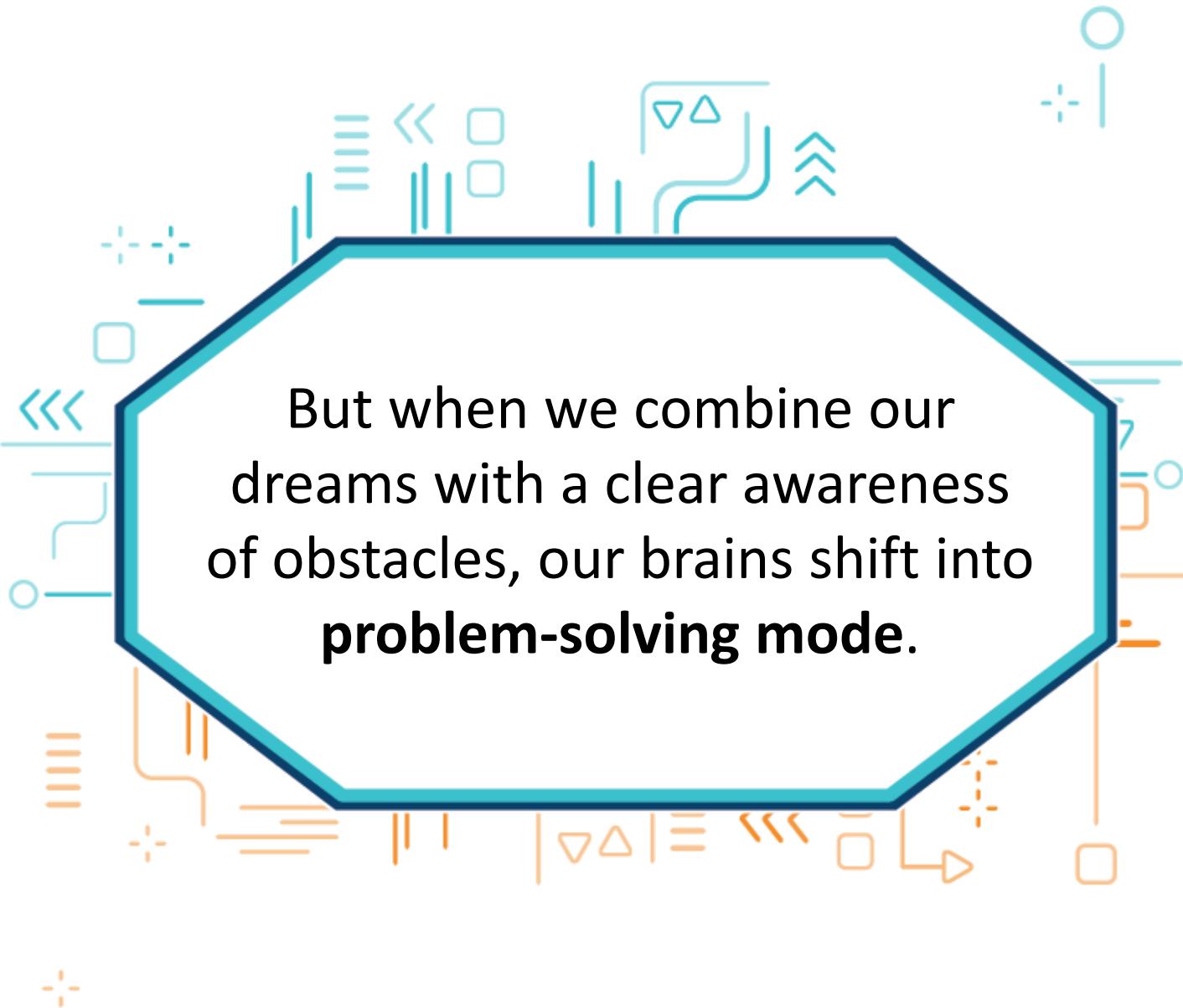


How are you?





**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.



Thank you