

REFLECTIONS & PROGRESSION

Workbook



GOOD BYE 2023, HELLO 2024!



POSITIVELEE PEILIN

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December 2023

www.positiveleepeilin.com

2023 REFLECTIONS

For each of the below, write down things you are doing well and what you wished more for. Take the time to review and reflect on your past year.

Pro Tip: Look through your calendar and phone photo album to jolt your memory!

CATEGORY	WHAT I ENJOYED	WHAT I WISHED...
FAMILY		
FRIENDS SOCIAL		
WORK CAREER		
HEALTH FITNESS		
RELAXATION HOBBIES CREATIVITY		
FINANCES BUCKET LIST		

2024

WHAT'S IMPORTANT

What will be different in this new year? What will your focus be in 2024?

3 things I am ready to let go of:

3 things I definitely want to continue:

3 things I will love more about myself:

3 existing relationships I want to focus on:

I want to achieve these 3 things the most:

I will dare to discover these 3 things:



2024

THE YEAR AHEAD!!

Some specifics that will support me in this year ahead:

I will make my environment cosy
with these 3 things:

I will do these 3 things every day:

I will connect with my loved ones
in these 3 ways:

I will take care of myself in these 3 ways:

I will help others in these 3 ways:

I will reward myself by...

MANIFESTING 2024

Claim this new year!

Free yourself from the things holding you back and build the life you dream of!

This year, I will no longer procrastinate on...

This year, I will draw energy from...
I can rely on _____ to keep me accountable.

This year, I will advise myself to...

This year will be special for me because....

Let's dream BIG! Write your secret wishes for the new year. This is just for you.

My Word of the Year is...

Well done, you!
Reflection is a gift to ourselves, as we're spending time
to get to know ourself and what we want better.

***Knowing yourself is the
beginning to all wisdom***

ARISTOTLE

READY TO TAKE THE NEXT STEP?

Only till February 2024, I'll be releasing limited slots for 'Destiny Design 2024', a 1-on-1 private session to support you in getting a strong start to the year.

Articulating, pondering on questions and visualising with a trained professional is the next level from self-reflection. Both are important and both will give you different enabling results.

This is a 1-hour online session which will be centred around getting clarity on what you want in the new year. We will map out and solidify your desired destiny, and come up with actionable steps for you to achieve them.

In this session, I will be utilising Neuro-linguistics programming techniques to ground our conversation. Don't worry, you don't need to be an expert or even know what this is, I'll have it covered :)

Email positiveleepeilin@gmail.com or whatsapp 8288 5457 to book your session.

Destiny Design 2024

\$ 202.40

(usual rate: \$300 per hour, before rate revision)



Rates are subjected to the discretion of the provider. There will be a rate revision in 2024.

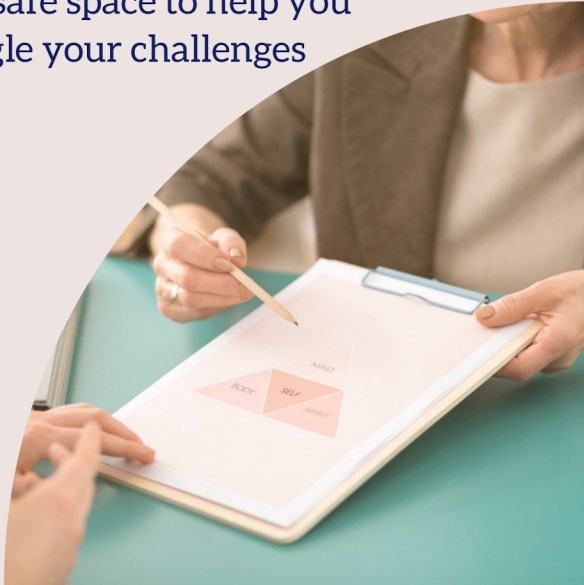
Payment is made before the sessions commence.



Our 1-on-1 sessions are powered by...

Coaching

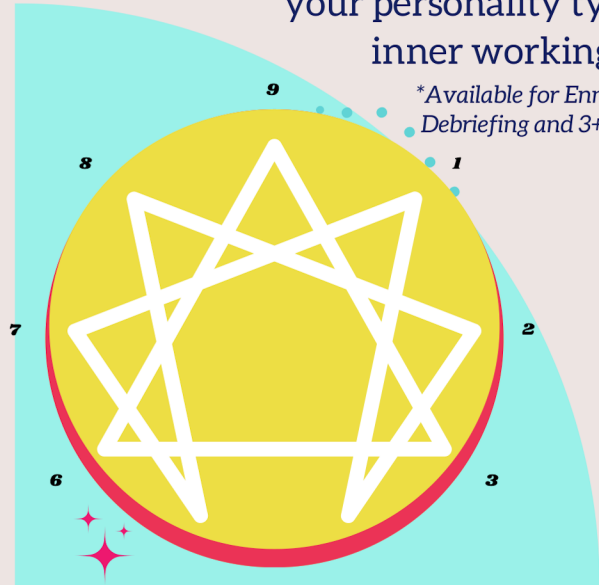
1-on-1 session with an experienced practitioner who creates a safe space to help you untangle your challenges



Enneagram

Personalised report based on your answers to surface your personality type and inner workings

*Available for Enneagram Report Debriefing and 3+ session clients



Neurolinguistics Programming (NLP)

Unlock your subconscious thoughts & meanings and turn them into tangible action and sustainable solutions



Me!

I'm a certified Enneagram & NLP practitioner, a team leader and presenter. We are partners in these sessions, with the focus on your development

ABOUT YOUR COACH

Hi, I'm Peilin!

I coach individuals to be in congruence with themselves, so you can convey your ideas more confidently & effectively.

Our 1-on-1 coaching is done face-to-face where we discuss your inner motivations and unconscious saboteurs, and replace them with more helpful states. All our conversations are strictly confidential.

The sessions are grounded by understanding yourself through the Enneagram, a personality profiling tool, and Neuro-linguistics programming, so that we understand your natural tendencies and internal programming first.

I will introduce various exercises (mostly the non-physical kind!) to unlock your inner resourcefulness, open new possibilities and to create longer term, sustainable growth.

Experience

Coaching Credentials

Certified Enneagram practitioner, *accredited by International Enneagram Association (IEA)*

Certified Neuro-Linguistic Programming (NLP) practitioner, *accredited by the American Board of NLP*

Currently taking next level Associate Coaching certification, *accredited by the International Association of Coaching Institute*

Where you can find me



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Thank you for being you!

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