

Your
**REFLECTION &
PROGRESSION**
Guide



**THANK YOU, 2024,
HELLO 2025!**



POSITIVELEE PEILIN

December 2024

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www.positiveleypeilin.com

MY 2024 WHEEL OF LIFE

Write down 8 areas of your life that are most important to you.
eg. Career, Family, Friends, Health, Development, Self-Care, Finances

1.

2.

3.

4.

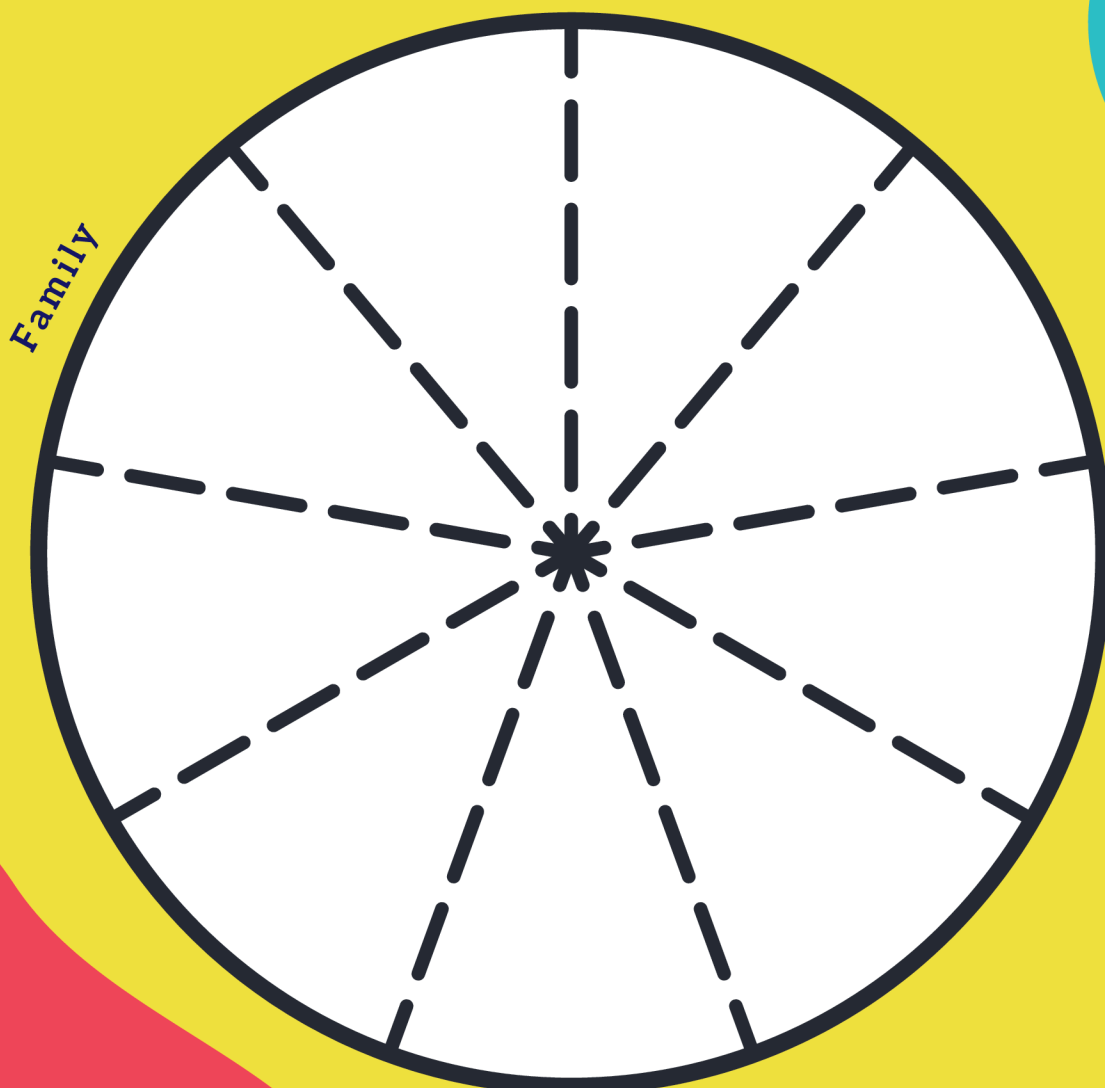
5.

6.

7.

8.

Use a few highlighters and colour in how much energy
you've put into each of these areas this year,
Write a number in each segment.



2024

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		



2025 **WHAT'S IMPORTANT**

What will be different in this new year? What will your focus be in 2025?

3 things I definitely want to continue:

3 things I am ready to let go of:

3 things I will love more about myself:

3 relationships I want to focus on:

3 things I want to achieve the most:

3 things I want to try:

MANIFESTING 2025

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...





Ready to supercharge your reflections and progress?

What your coaching journey with me looks like:

i. Discover Your Enneagram Type

You'll complete a 20-minute online questionnaire that surfaces who you are and what drives you.

ii. Report Debriefing Session

With your personal Enneagram profile report, the first 1.5-hour session will be centred around your motivations, strengths & stressors. This is done in-person, in privacy.

This report is packed with identifiers, prompts and actions and customised to your unique top 3 ranked Enneagram and instinctual subtypes.

iii. Deep Dive Coaching Sessions

In the subsequent 1-hour sessions, we use both the Enneagram and Neuro-linguistic Programming to identify development tools, review relationships and reflect on areas of growth that are unique to you.

We identify action points that you can apply in the long run, customised by your type and inner motivations.

Email me at positiveeepelin@gmail.com or whatsapp me at +65 8288 5457 to get 2025 started strong!



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



Neurolinguistics Programming (NLP)

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

Me!

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

Hate regret? Let's work together so that you'll be a happier version of you this time next year.



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