

Your
**REFLECTION &
PROGRESSION**

Guide



**THANK YOU, 2025,
HELLO 2026!**



POSITIVELEE PEILIN

January 2026

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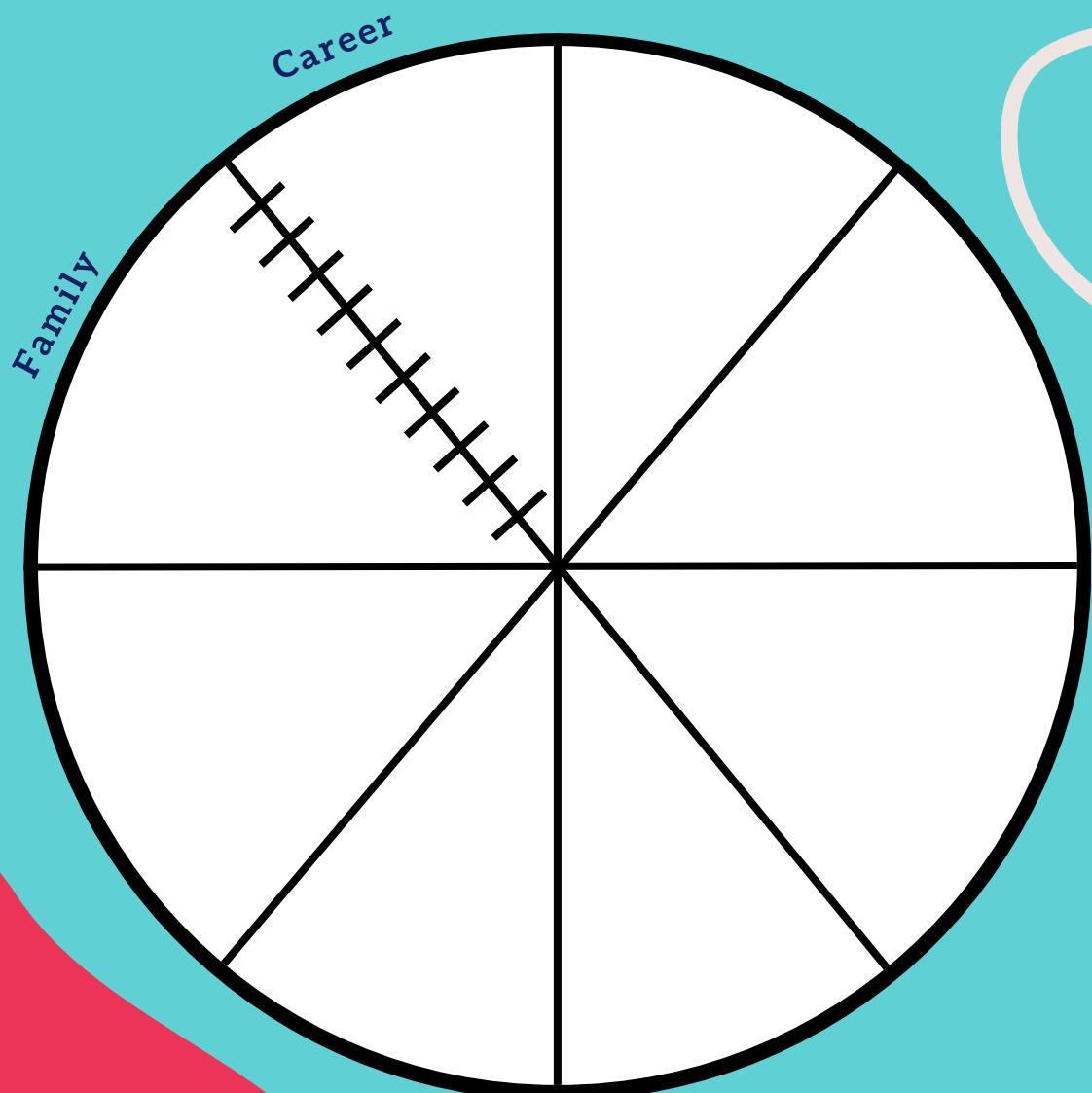
www.positiveleepeilin.com

MY 2025 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.

Colour in how much energy you've put into each of these areas this year.
On a scale of 0 to 10, how much have you put in for each segment?



2025

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 | | |
| | | |
| | | |

MANIFESTING 2026

What will be different in this new year? What will your focus be in 2025?
Free yourself from the things holding you back and build the life you dream of!

3 things I definitely want to continue:

3 things I am ready to let go of:

3 relationships I want to focus on:

This year, I will advise myself to...

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

My Word of the Year is...

Is Coaching for You?

This coaching is designed for women who are smart, capable, and... stuck.



You might be:

- A mid-level manager who's constantly performing, yet still feels overlooked
- A high-functioning entrepreneur juggling roles but questioning if you're truly thriving
- Someone who's great at managing tasks, but struggling to manage your inner critic
- A team leader who communicates with others well, but still feels a gap
- Curious about who you are beyond the labels, and ready to grow with clarity and intention

If any of these made you nod or sigh a little – you're in the right place.

Coaching Helps You Move Forward, Not Just Power Through

You've read the books. You've listened to the podcasts.
You've even tried talking it out with friends.

But some patterns don't shift just with advice or information.
They shift with insight and guided action.

That's where coaching comes in.



Coaching gives you the structure, space and support to:

- **Pause and hear your own thoughts clearly** – without judgement
- Identify what's keeping you stuck (it's often not what you think)
- **Turn insight into action** that actually fits your life and style
- Build a new inner narrative – one that supports, not sabotages
- Grow in ways that last, even when the sessions are over

Sound exciting and slightly intimidating?

That means you're ready!

I'm right here with you.

Testimonials from Past Clients

 Anabel Chew

Like I said to u previously, I attend and hire so many facilitators on self discovery, team dynamics, communication and I truly felt your session was by far the most impactful one I've had in awhile because it's actionable and growth-oriented. All credits to u!

 Anabel Chew

You're more than welcome! Your session really impacted me and gave me perspective to view myself with more empathy and love 😊



Anabel Chew
Co-Founder, webarre



Siti Nurhasyimah
Manager

 Back Your first step to levelled u... 

And with this, I would like to sincerely thank you for the past 6 months. It has been a wonderful journey of self-discovery and I am really glad that I reached out to you and took this on. I truly enjoyed our sessions and it was definitely something that I looked forward to. There has been a positive shift in approaches, mindset and routines ever since your sessions, and I will continue to inculcate your ways in the long-term.

 Jessie Loy
12 reviews · 3 photos

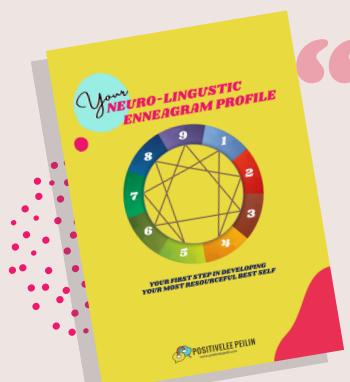
★★★★★
I am incredibly grateful for my Enneagram coaching experience with @positiveleeepeilin. I signed up during a particularly challenging time in my life, searching for clarity and direction. Peilin's nurturing guidance helped me navigate through the complexities and emotional knots I was facing. Her insightful perspectives were transformative, enabling me to overcome personal challenges that once felt overwhelming.

 Benjamin Kwek
Local Guide · 32 reviews · 56 photos

★★★★★
I did one full year of monthly executive coaching sessions with Peilin. She helped me identify and unpack my Enneagram profile, providing pragmatic tips and guidance on how to unlock growth in my professional career. She was patient and ever supportive, providing a close listening ear. While I'm still a work in progress, she has definitely set me on a path of positive growth. Thank you, Peilin!

 Kate Xie
6 reviews · 5 photos

★★★★★
The session with Peilin was extremely insightful. With her gentle guidance, I experienced a series of lightbulb moments. I could delve deeper into my intentions and fears and relate my enneagram type to how I drive actions in both my professional and personal life. Most importantly, she shared concrete steps on how I could better manage my stress and emotions.



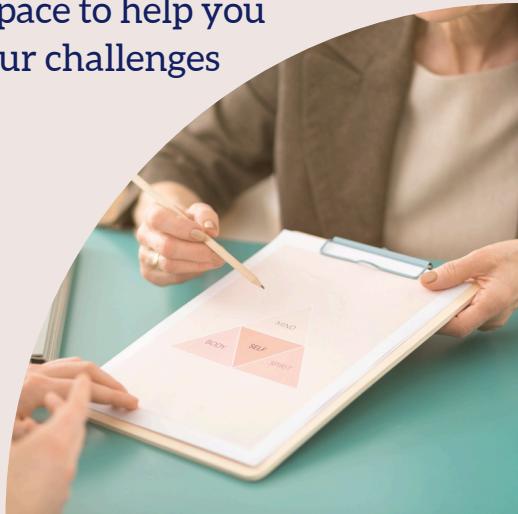
“ I really liked how [the enneagram report] supports and complements some of the other tools I have previously used. Particularly, I enjoyed our discussion around how to win back the stress states and harmonise the curve into more balanced healthy states, where my intentions equates to the impressions experienced by those around me.

Joan L., Director

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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