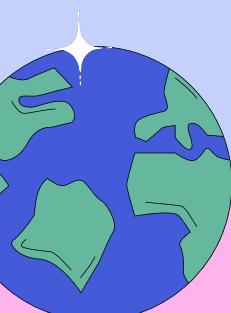


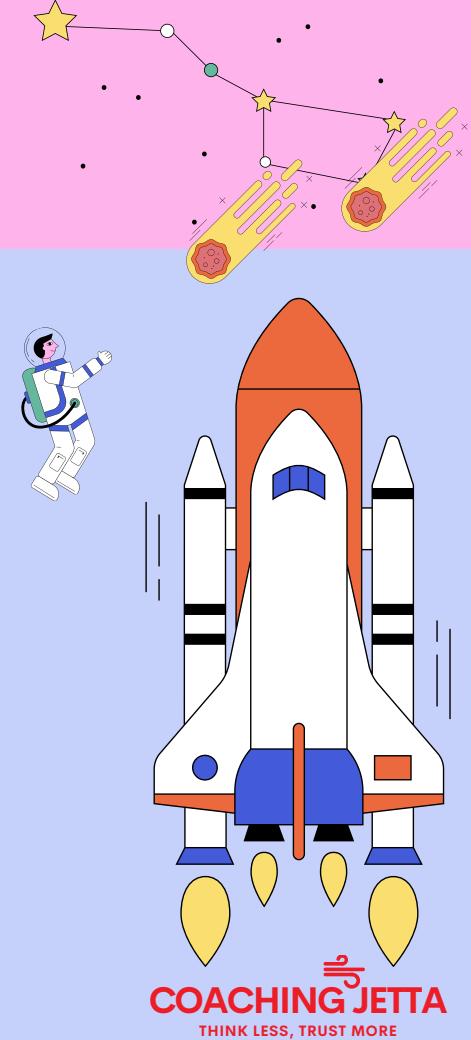
워크북

Re:set 2026

“올해 2025년을 따뜻하게 정리하고,
새해를 에너지 충전 리셋모드로”



: 이름:



COACHING JETTA
THINK LESS, TRUST MORE

Re:set 2026

2:00 ~ 2:10 인사 라포, 초성퀴즈

2:10 ~ 2:30 자기소개(물건)

2:30 ~ 2:40 WLG 2025

2:40 ~ 3:00 우드차임 명상(나무선), 리츄얼 선언
(종이비행기)

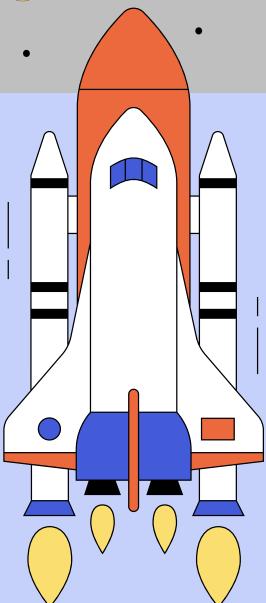
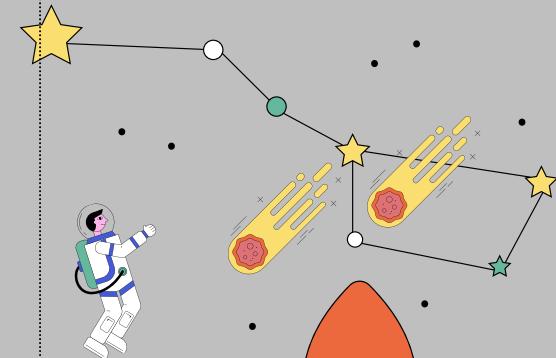
3:00 ~ 3:20 특별강연(가슴 뛰는 삶/ 권대욱)

3:20 ~ 3:45 내가 켜는 스위치

(my memorable life8, 나의 나무 2026)

3:45 ~ 4:15 레고 팀플레이(송성원), 킥오프, 긍정확인

4:15 ~ 4:30 원도우 패닝, 소감 나누기, 마무리

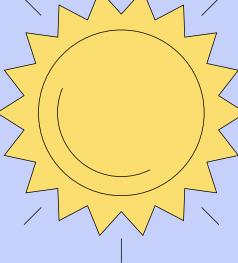
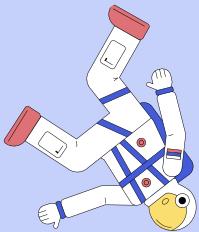


Introduction & Ice breaking



1. 최근에 나는 _____
2. 나는 _____ 사람이다
3. 올해 가장 나를 웃게 한 것은 _____
이다





The year of 2025

W-L-G

Wins

Lessons

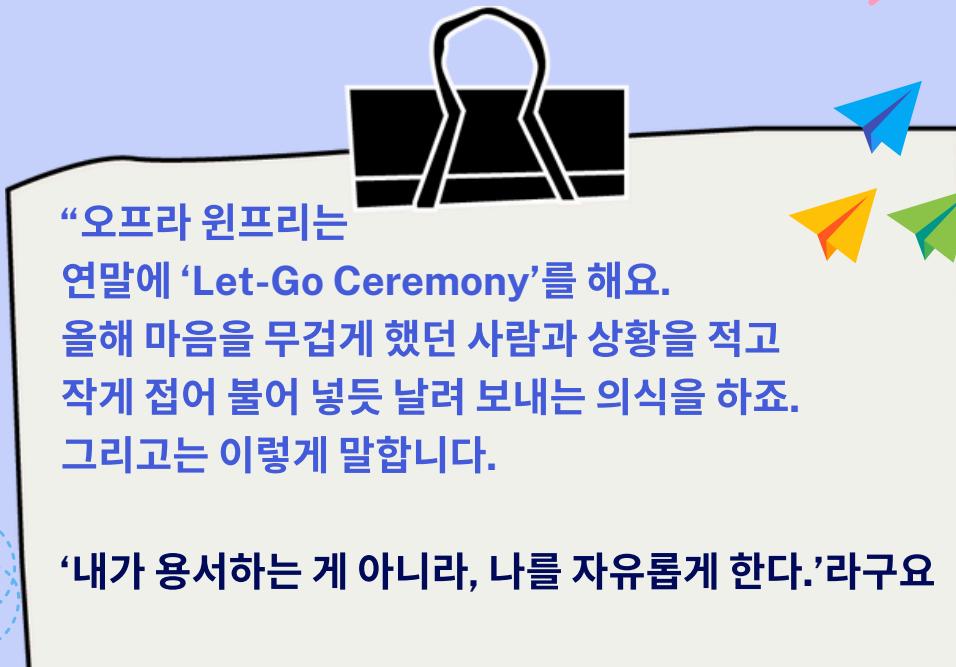
Gratitude



COACHING JETTA
THINK LESS, TRUST MORE

My ritual 선언

LET-GO CEREMONY



My Memorable Life 2026

건강

마음
챙김

일

기여

돈

취향

배움

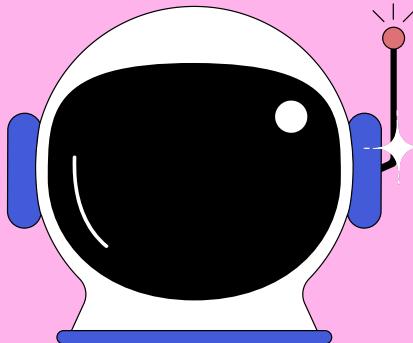
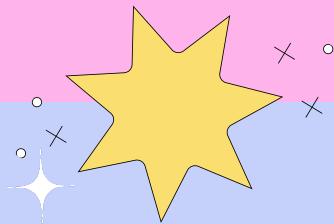
관계



2026

My one thing

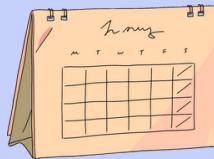
“나는



”



4 week Kick-off Planner



Buddy Matching

2025. 12.~ 2026.1.



버디 매칭 4주간 스타트

- One Thing(핵심 한 가지)
- 주간 리듬(월/수/금 등)
- 장애요인 -대응, 보상 루틴
- 미팅일정 합의
- 버디사진 촬영



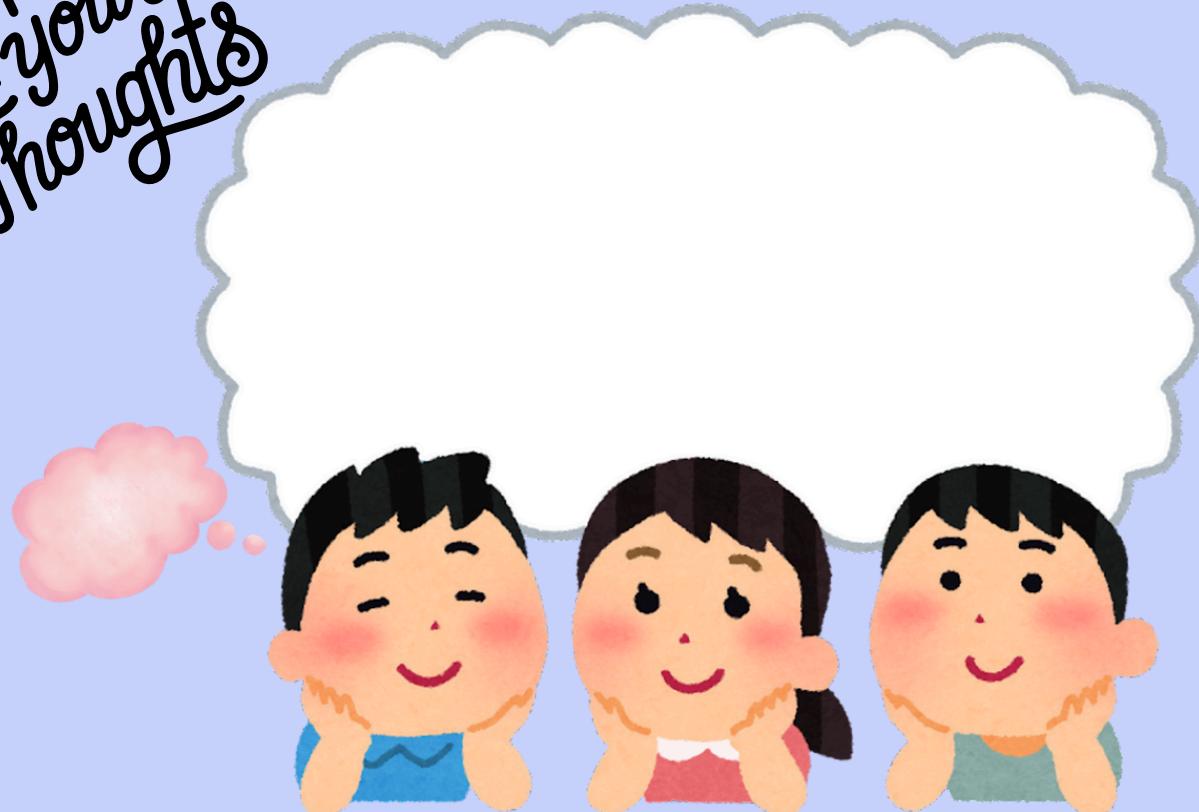
긍정확인

- 나는 _____한 사람이다.
- 지금 이 순간부터 _____을(를)
시작한다.”

Window Panning



Share
Your
Thoughts





Thank you!

