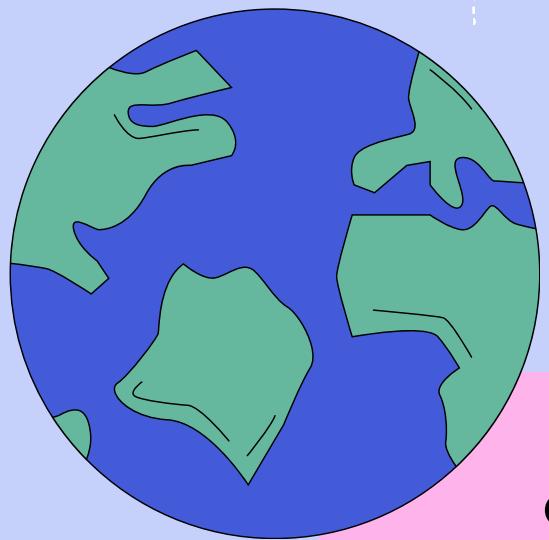


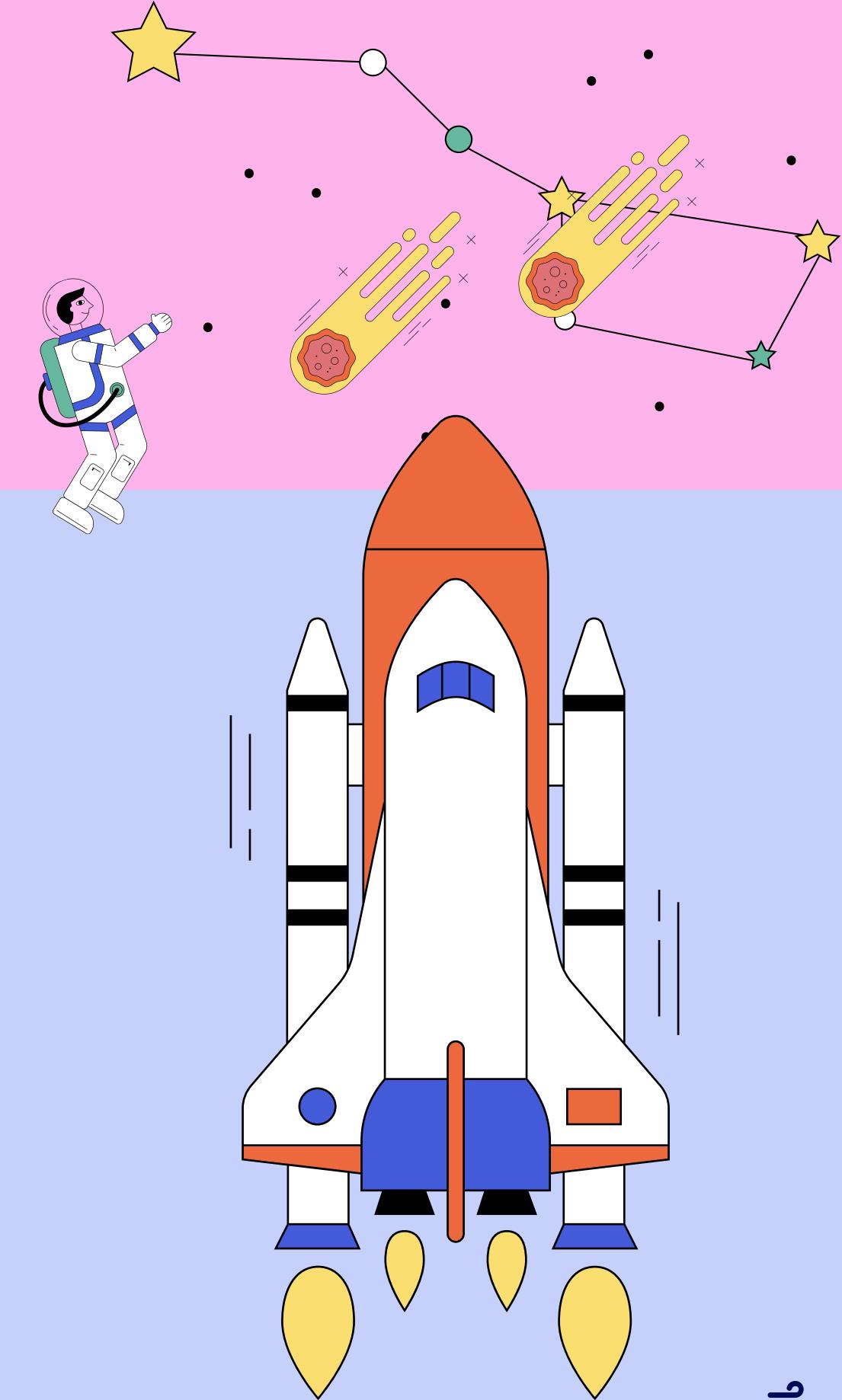
# Re:set 2026

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



일시: 2025년 12월 13일(토) 14:00-16:00

장소: 도곡 타워팰리스 C동 1층 주민회의실



# 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 우드 차임 명상(나무선), 리츄얼 선언  
(종이 비행기)

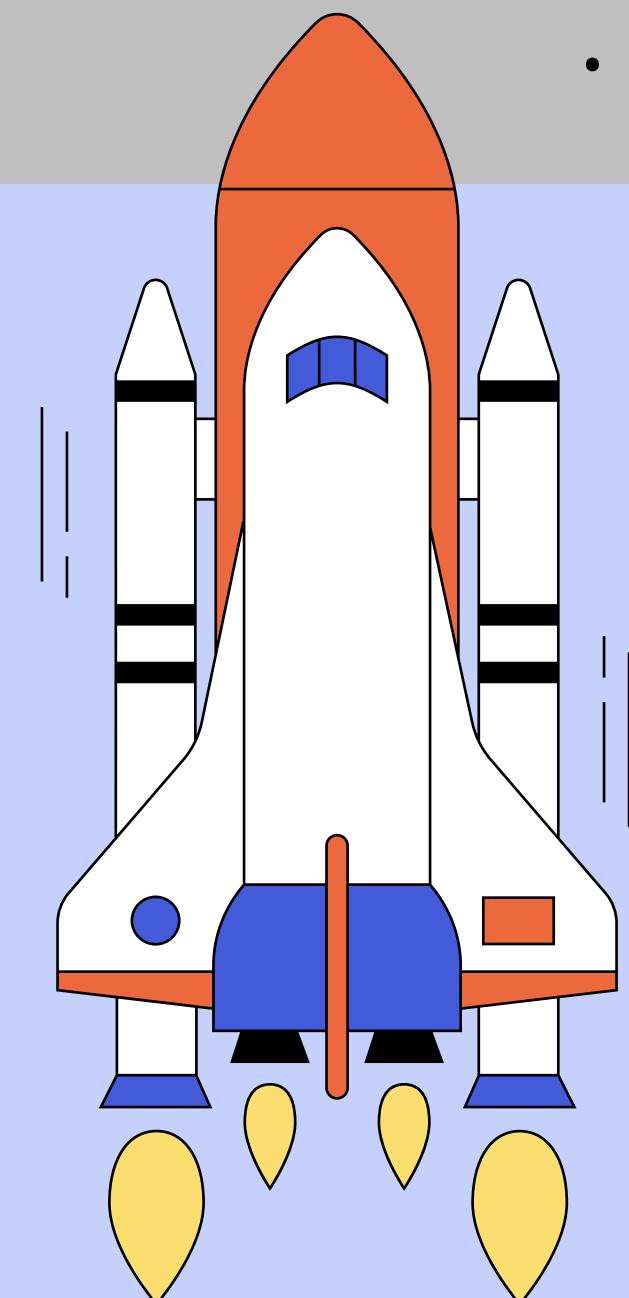
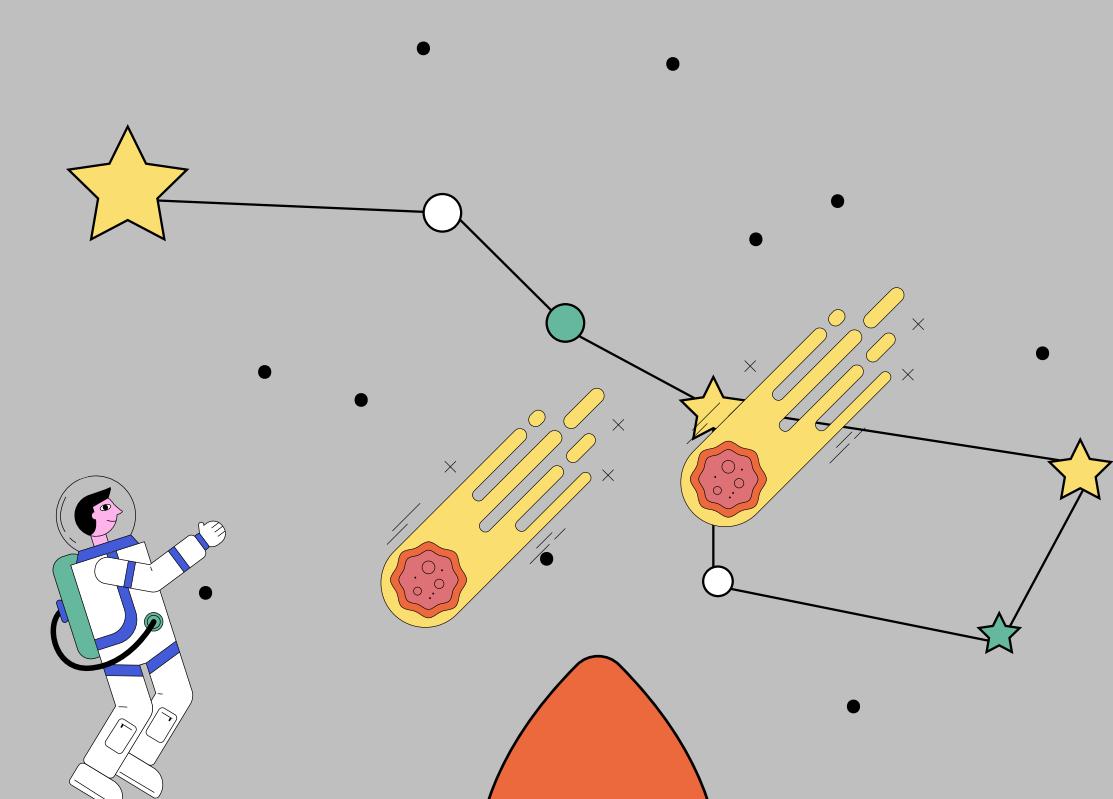
3:00 ~ 3:20 특별강연(가슴 뛰는 삶/ 권대욱)

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 윈도우 패닝, 소감 나누기, 마무리



# 올해의 핫이슈 조성퀴즈

1. ㅋㄷㅎ

2. ㄲㅂㅈㅋ

3. ㅋㅈㅊㅌ

4. ㅠㅅㅅօㅅㄷ

# Introduction & Ice breaking

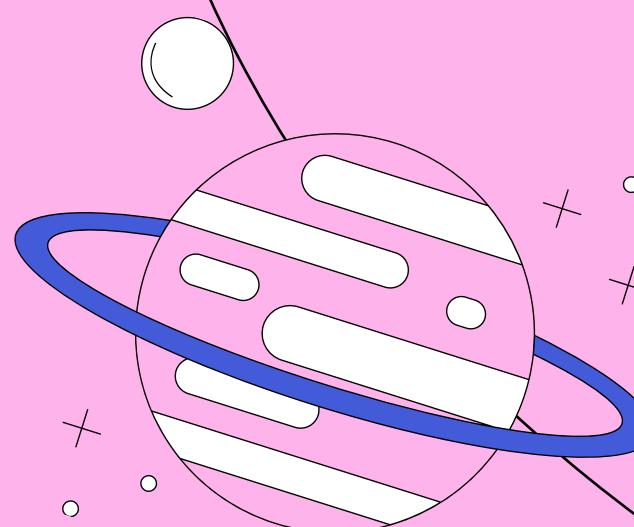
- 최근에 나는 ----- .
- 나는 ----- 사람이다.
- 올해 가장 나를 웃게 한 것은 -----이다.

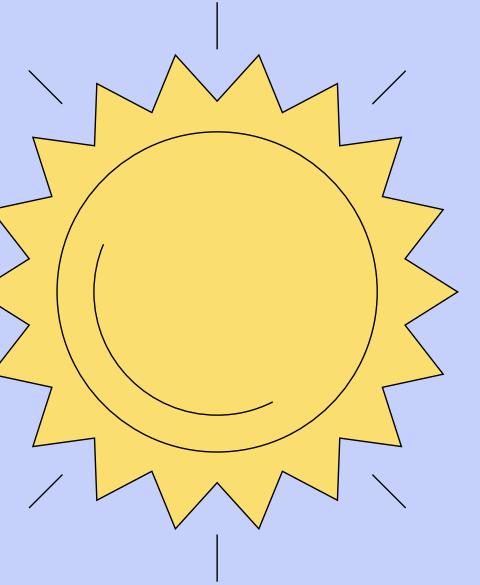
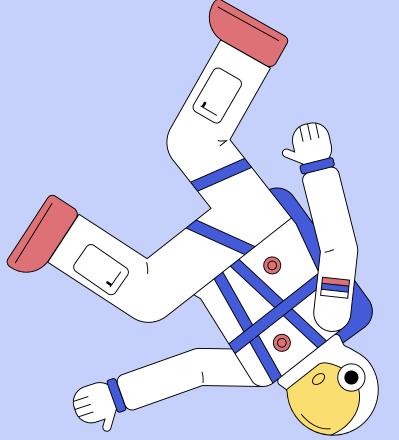




The year of  
2025

“올해의 나를 대표하는 물건은~”





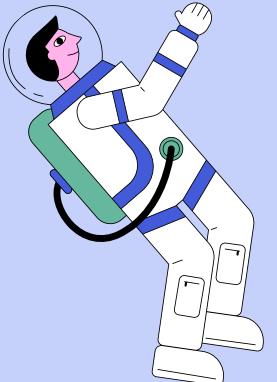
# The year of 2025

W ~ L ~ G

Wins

Lessons

Gratitude



## ① Wins: “올해, 이것만은 잘했다” 3가지

---

---

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## ② Lessons: “배운 것/놓친 것” 3가지

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## ③ Gratitude: “고마운 이름·장면” 3가지

---

---

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# My ritual 선언

## LET-GO CEREMONY



“오프라 윈프리는  
연말에 ‘Let-Go Ceremony’를 해요. 올해 마음을  
무겁게 했던 사람과 상황을 적고 작게 접어 불어 넣듯  
날려 보내는 의식을 하죠. 그리고는 이렇게 말합니다.

“내가 용서하는 게 아니라,  
나를 자유롭게 한다.”라구요



# 2025 and 2026 connections

2025  
Present

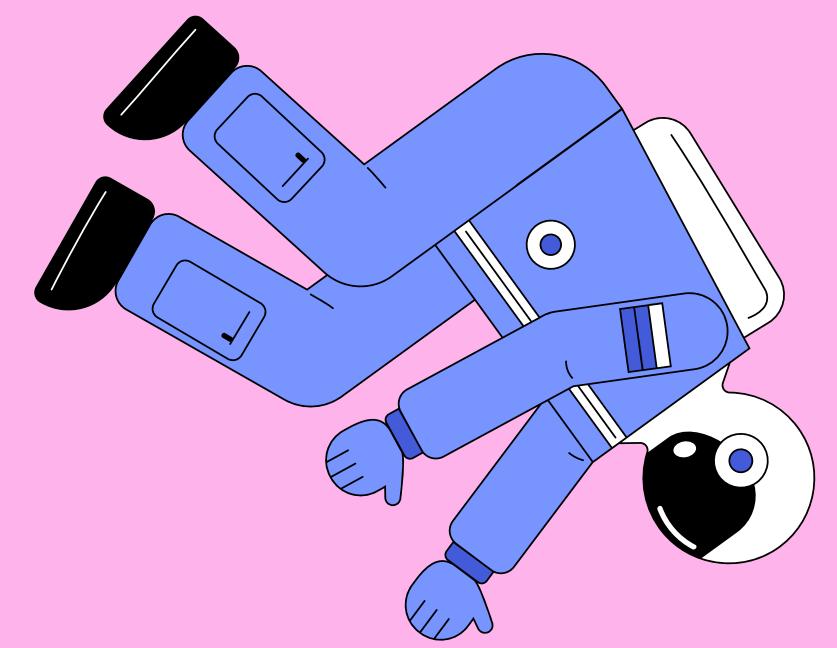


2025  
Here&Now



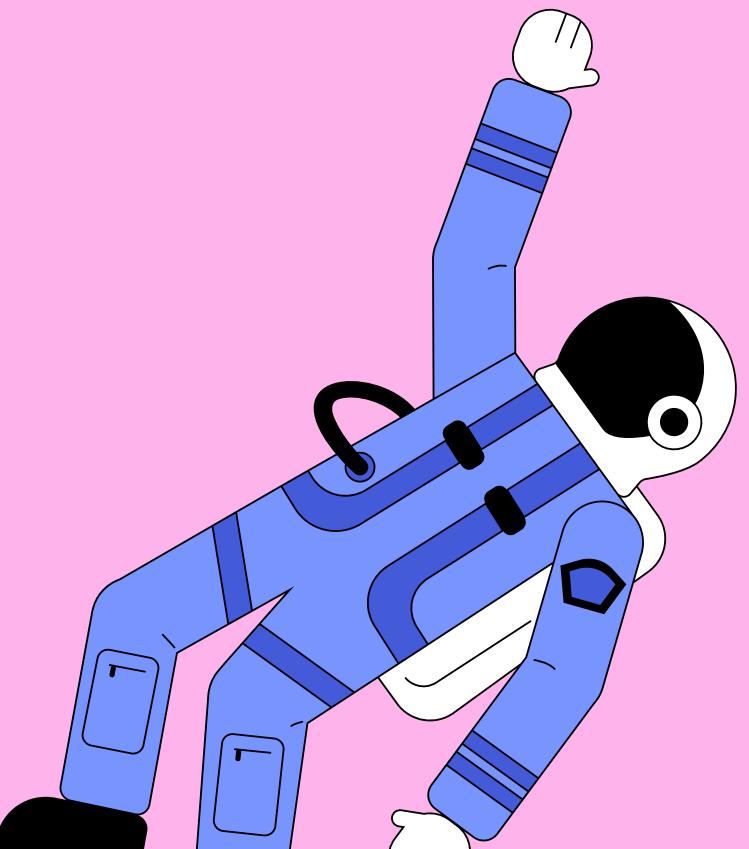
2026  
New Year



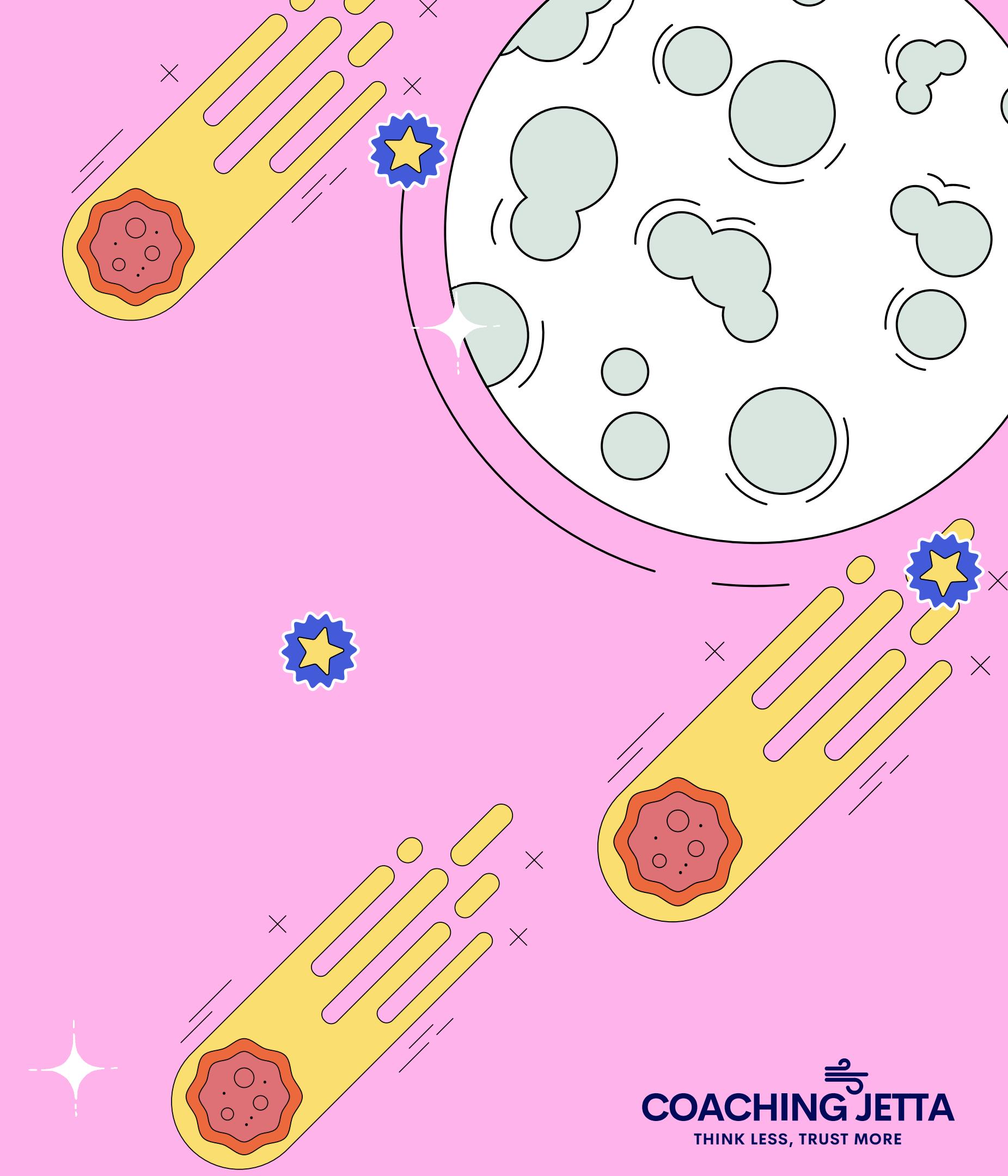


특별 강연 - 권대욱 대표

"가슴 뛰는 삶"



# LH가ける 2026 스위치



# My Memorable Life 2026

건강

마음  
챙김

일

돈

기여

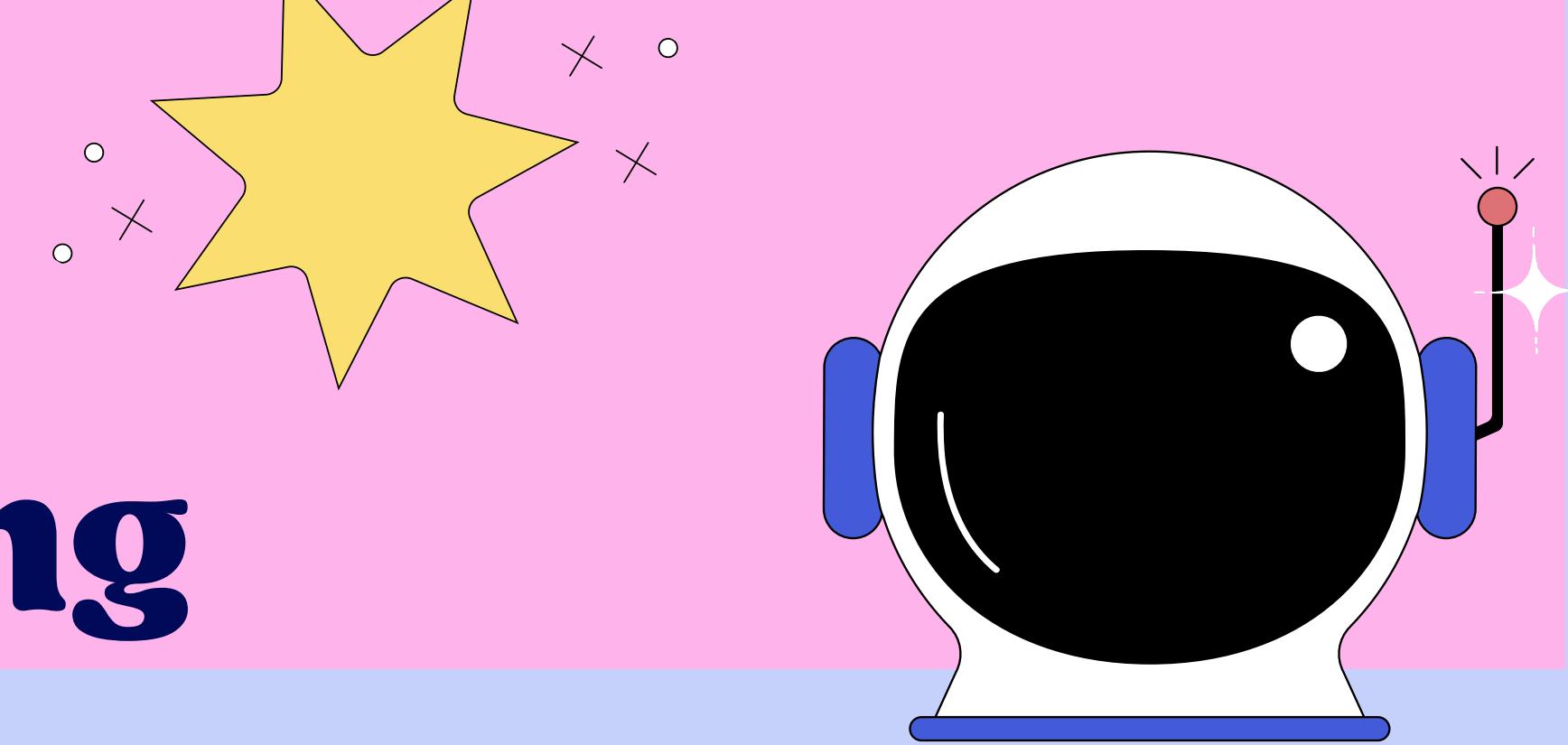
취향

배움

관계



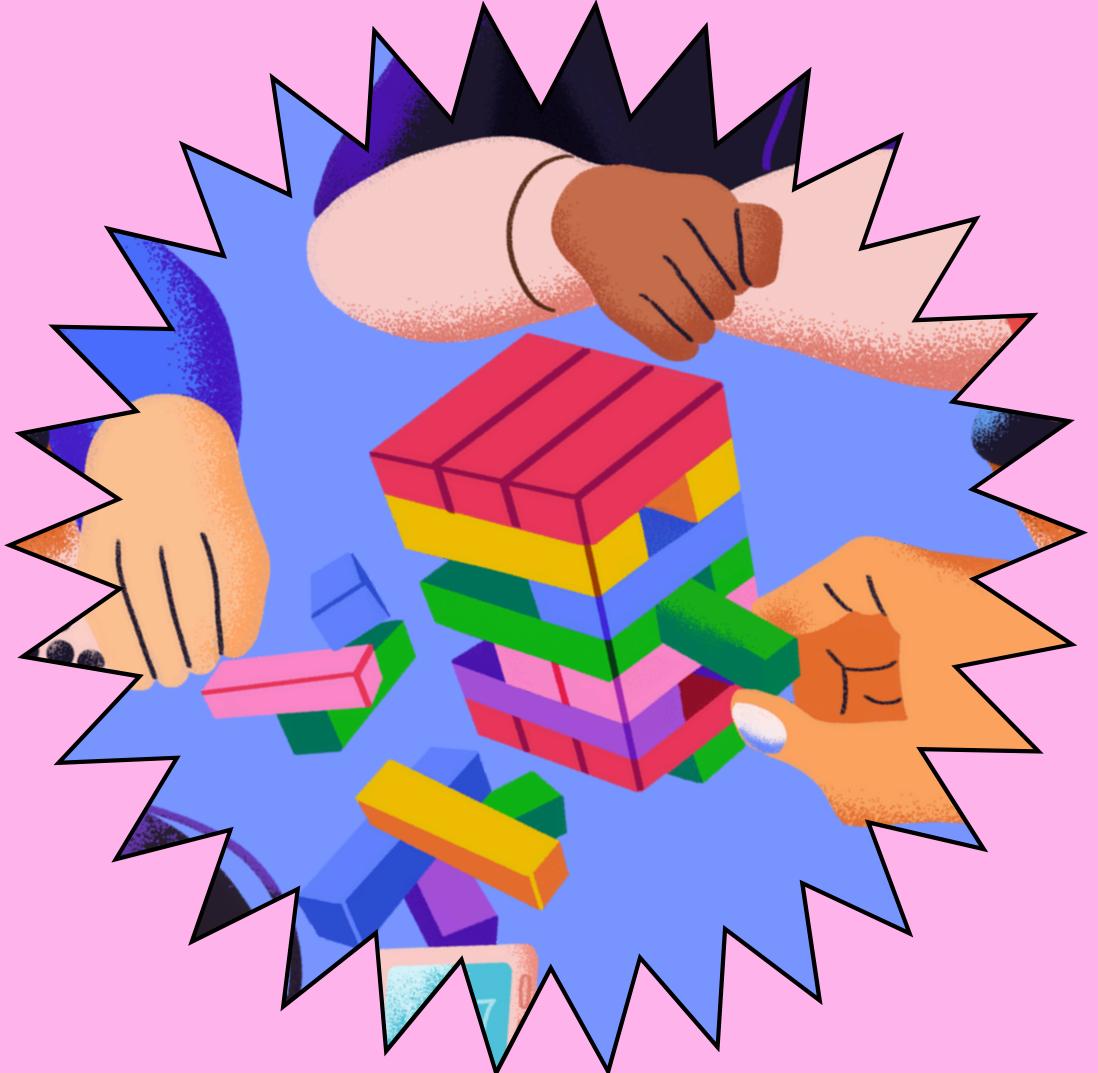
# 2026 My one thing



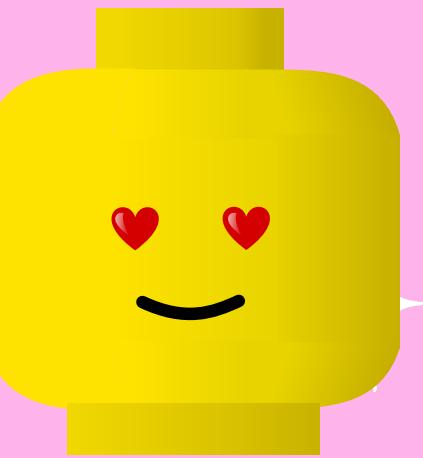
“나는

”

-----

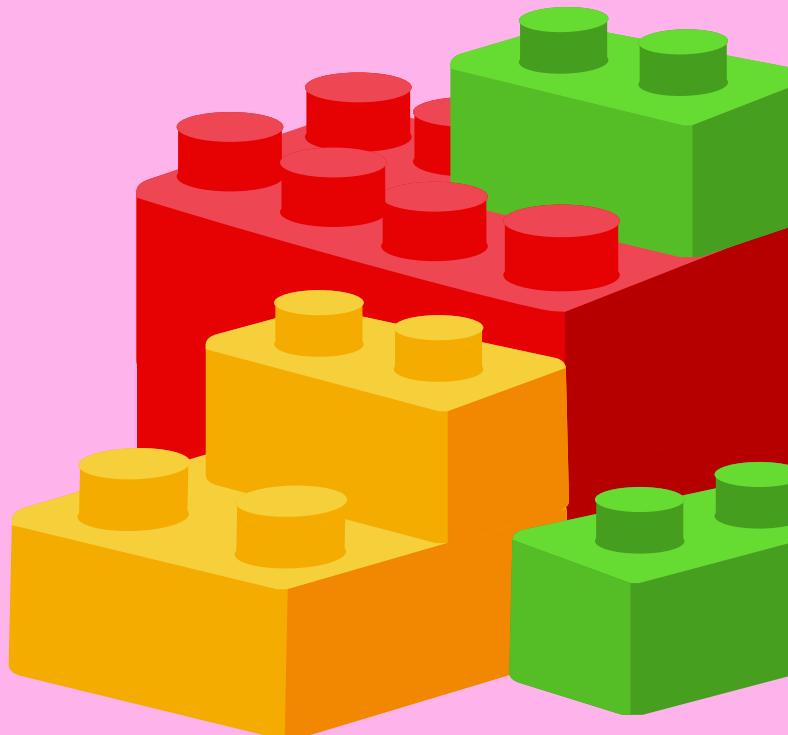
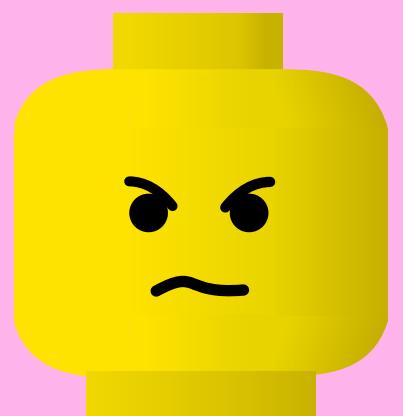
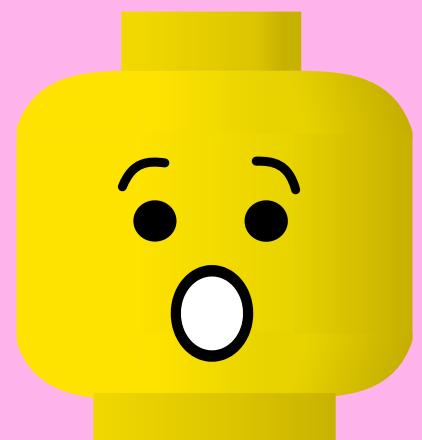


# LEGO



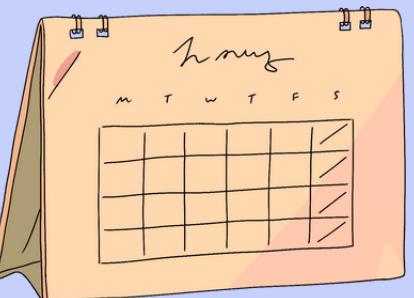
## Team Play

"내가 만드는 2026"





# 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

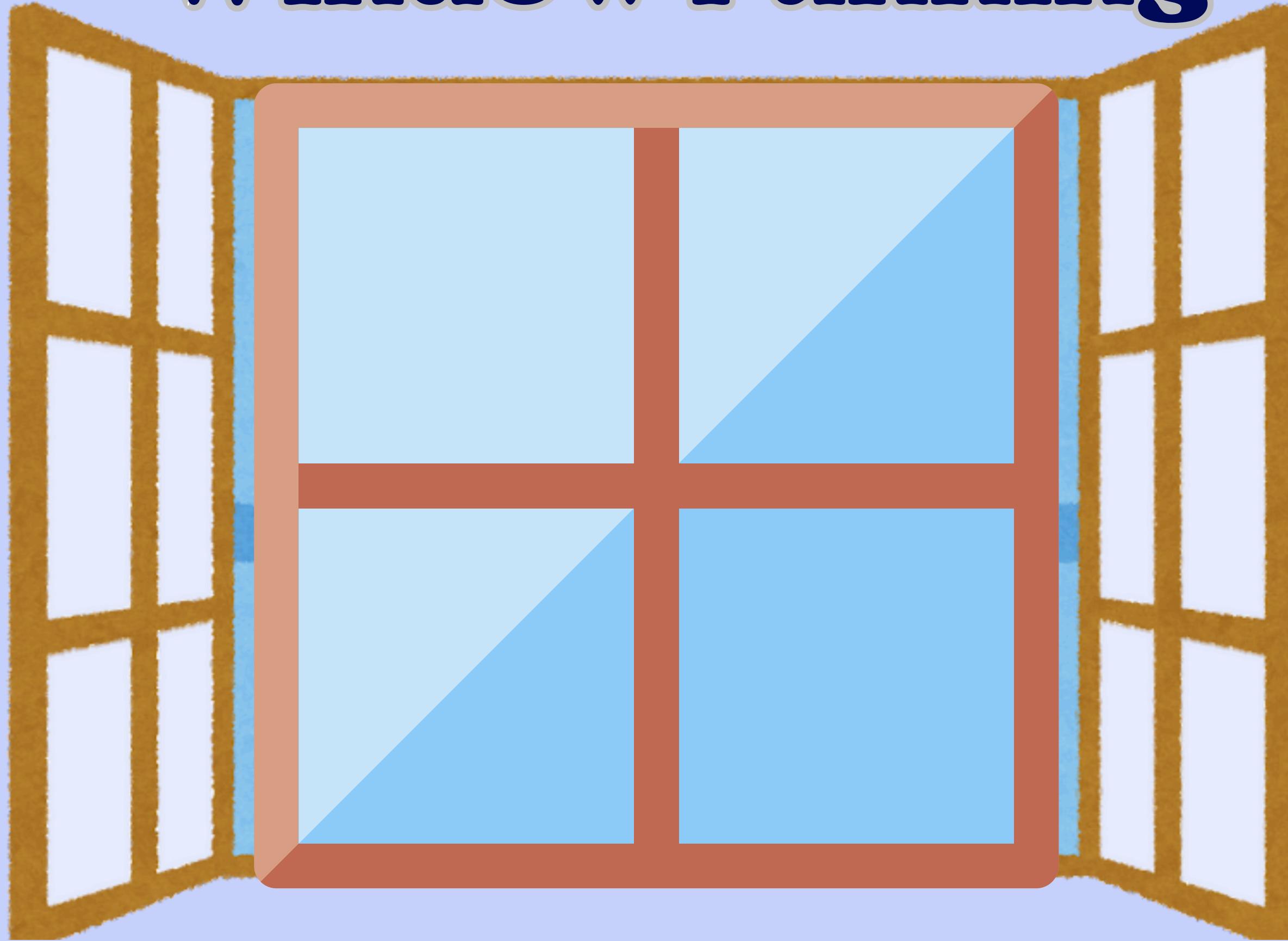


# 긍정확언

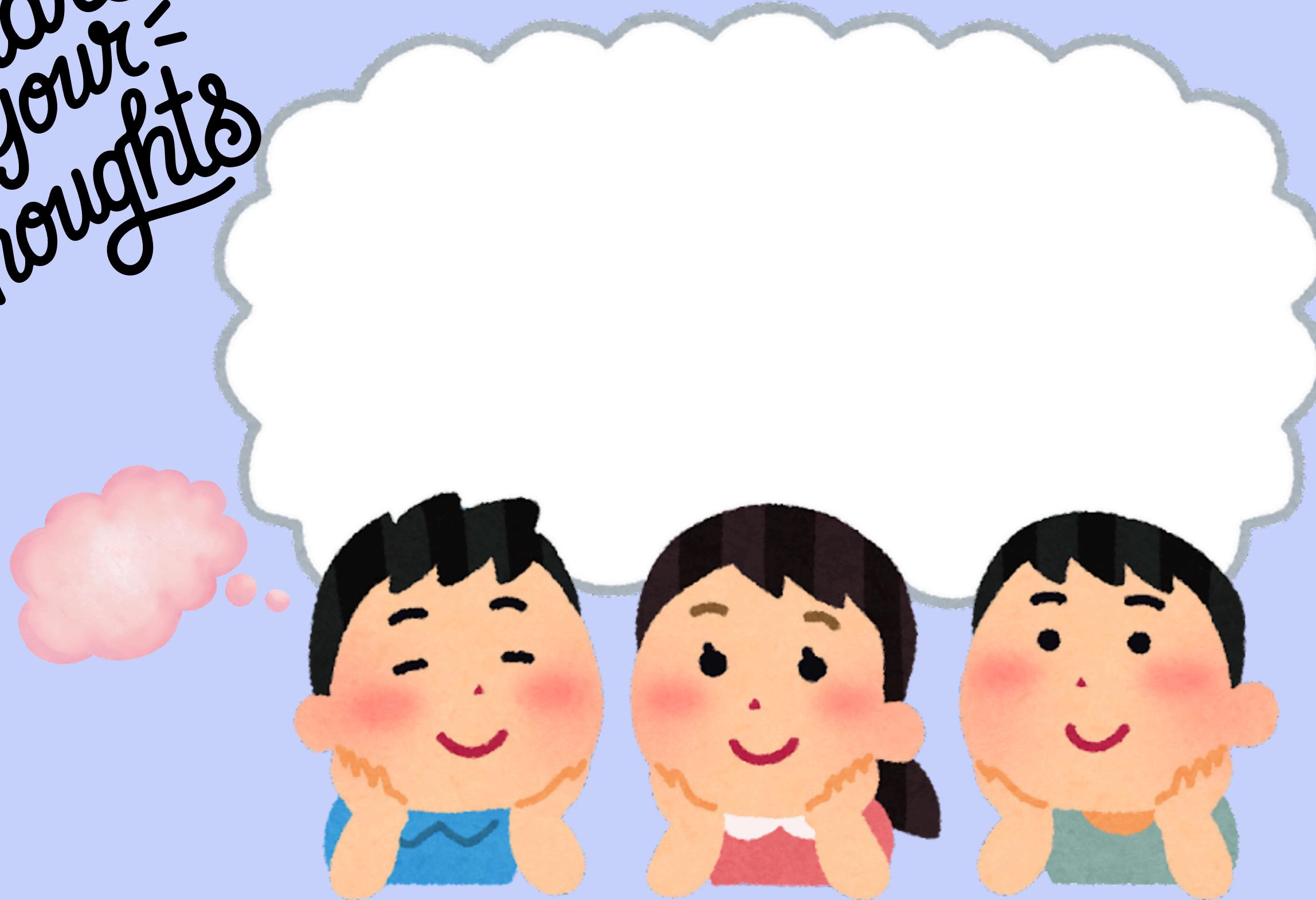
- 나는 -----한 사람이다.

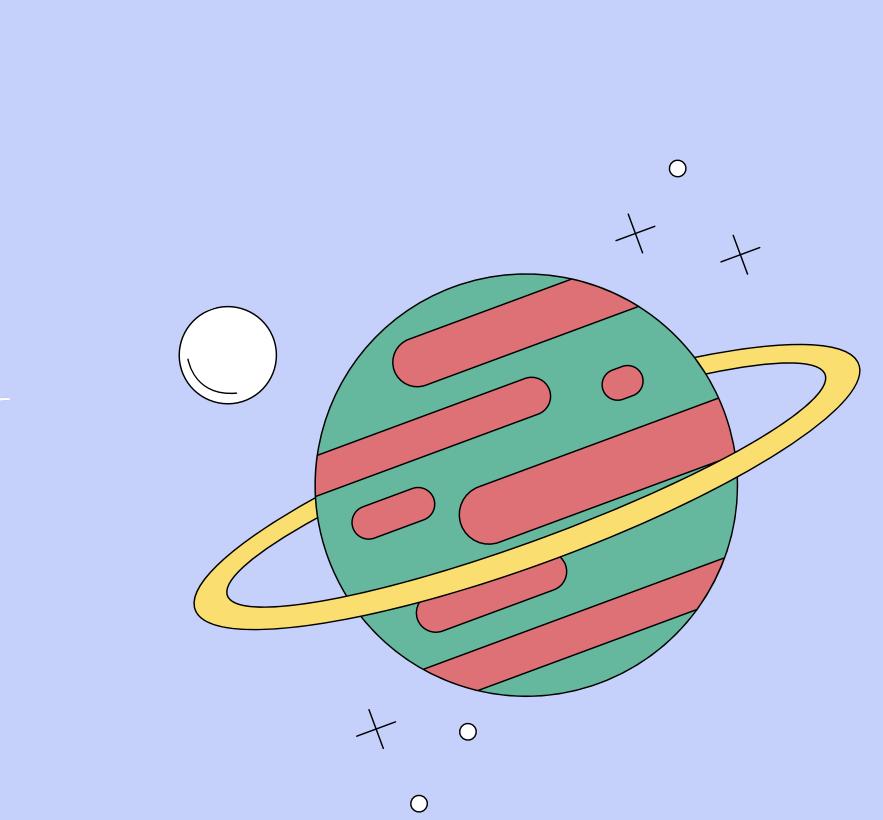
- 지금 이 순간부터 -----을(를)  
시작한다.”

# Window Panning

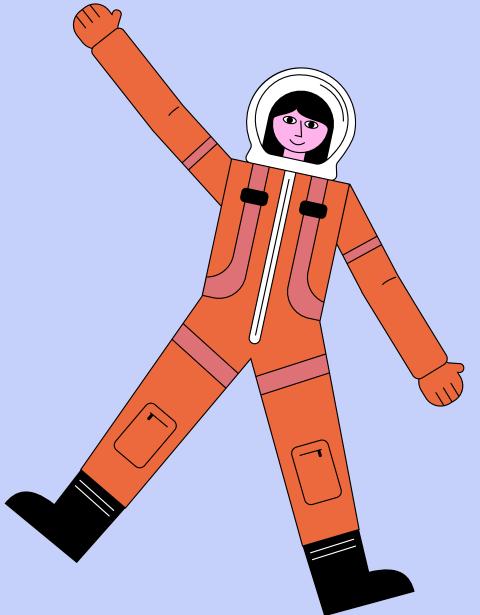


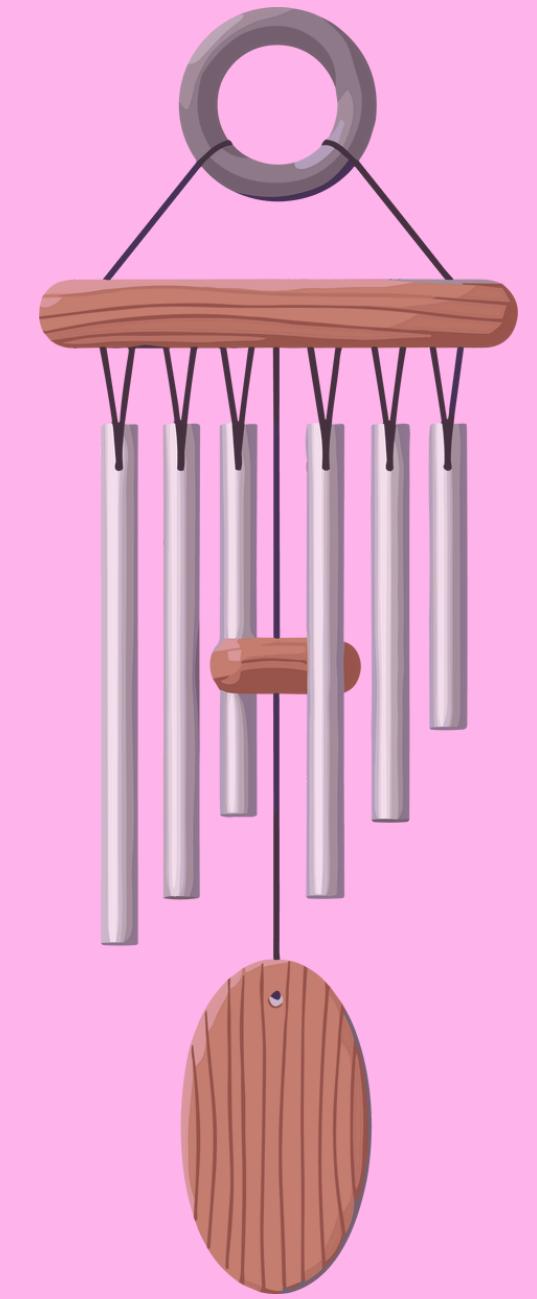
Share  
your  
Thoughts





# Thank you!





# 새아침의 명상

