

Alignment

Energy + Momentum = Growth

Eélan Coaching & Consulting Services

Eélan®

IT'S ALL ABOUT YOU!

COACHING-CONSULTING-TRAINING

2025  2026

THIS BELONGS TO-



Welcome!

THIS IS YOUR PERSONAL ALIGNMENT JOURNEY!

It is a practical workbook that helps you reflect on the past year and plan the next one. With carefully designed questions and exercises, the Alignment Journey enables you to uncover your strengths and build upon them to create a great year for yourself and the people/things that truly matter.

The workbook has two distinct parts. The first half will encourage you to review, learn from, and celebrate the year you're leaving behind. The second half, on the other hand, is all about the future. You'll be dreaming, planning, preparing and setting intentions to get the most out of the new year.

WHAT DO YOU NEED TO GET ON THIS JOURNEY?

A pen, or pencil, a few hours of uninterrupted focus, and an open and honest mind and heart.

CAN YOU DO THIS IN A GROUP?

Sure you can! Grab your friends, family, or colleagues, print out booklets for all of them and find a comfortable space. Everyone should complete their reflection, but you can take breaks to discuss the exercises and share your thoughts and feelings. If you do this, please be mindful of your boundaries and those of others. Everyone should only share things they are comfortable with.





The Past Year

GOING THROUGH YOUR CALENDAR

Go through last year's calendar, recalling important events or significant projects, and write it down here.

You can categorise them into (feel free to add more headings):

- Personal/Family
- Career/Learning
- Friends/Networking
- Health/Physical Fitness
- Mindset/ Mental Fitness
- Relaxation/Hobby/Vacation





The Past Year

ACCOMPLISHMENTS & CHALLENGES

What were your three biggest **accomplishments** last year? (you can add more than 3)

First...

Second...

Third...

What were your three biggest **challenges** last year? (you can add more than 3)

First...

Second...

Third...



The Past Year

REFLECTIVE STATEMENTS ABOUT LAST YEAR

The wisest decision you made...

The biggest lesson you learnt...

The biggest risk you took...

The biggest unexpected event of the year...

The biggest thing you did for others...

The biggest thing you committed and completed...

The people who influenced you...

The people whom you influenced...

The biggest thing you are grateful for...

The biggest regret...





The Past Year

HOW SATISFIED WERE YOU WITH EACH KEY AREA* OF YOUR LIFE LAST YEAR. Rate on a scale of 1 TO 10 (1 being "TOTALLY DISSATISFIED" and 10 being "TOTALLY SATISFIED")

1. Relationships- You can break it into Family, Friends, Business
2. Business/Career/Profession
3. Finances- Personal/Family/Business
4. Personal Growth (New Learnings)
5. Physical Health & Mental Wellbeing
6. Hobbies/Leisure Experiences
7. Physical Environment
8. Mental Environment
9. Spiritual/Self-awareness Growth
10. Contribution to Community/Society

*Feel free to add key areas of your choice





The Past Year

FORGIVENESS

As you recall last year, did anything happen that still needs to be forgiven? Deeds or words that made you feel bad about others or yourself? Write it down here and forgive. (If you don't feel ready to forgive yet, jot it down anyway. It can work wonders.)



The Past Year

LET IT GO

Is there anything else you want to say? Is there anything you still have to let go of before starting next year? Draw, doodle or write, then think about it and let it all go.



The Past Year

GOODBYE LAST YEAR!

YOU'RE DONE WITH THE LAST YEAR

You have just finished the first part.

Take a deep breath and take a break if you want.





THE YEAR AHEAD

2026



The Year Ahead

DARE TO DREAM

What does 2026 look like for you? If you had no limitations whatsoever, what would it look like? Write down your biggest dreams, desires and goals without self-judgements or fears. Write, draw, doodle, let go of doubts and dare to dream.



The Year Ahead

PRIORITISE

Now that you have written all your dreams, desires and goals for 2026, **PRIORITISE IN WHICH 3 KEY AREAS* WOULD YOU LIKE TO CREATE MAXIMUM GROWTH/IMPROVEMENT:**

1. Relationships- You can break it into Family, Friends, Business
2. Business/Career/Profession
3. Finances- Personal/Family/Business
4. Personal Growth (New Learnings)
5. Physical Health & Mental Wellbeing
6. Hobbies/Leisure Experiences
7. Physical Environment
8. Mental Environment
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*Feel free to add key areas of your choice





The Year Ahead

WHY

Why have you chosen these 3 key areas as your **PRIORITY**?

1. Key Area: _____

My Why?

2. Key Area: _____

My Why?

3. Key Area: _____

My Why?





The Year Ahead

READY TO WIN IN THESE 3 AREAS

It's about taking *DIFFERENT* actions to get *DIFFERENT RESULTS!*

1. Key Area: _____

- My current satisfaction score in this area from last year:

- My desired satisfaction score in this area in 2026:

- Describe what success would look like in this area when you achieve that desired satisfaction score:

- How would you feel when you achieve this desired satisfaction/success in this area:





The Year Ahead

READY TO WIN IN THESE 3 AREAS

It's about taking *DIFFERENT* actions to get *DIFFERENT RESULTS!*

1. Key Area: _____

- **START DOING** in 2026 to achieve this success:

-
-
-

- **STOP DOING** in 2026 to achieve this success:

-
-
-

- **DO MORE OF** in 2026 to achieve this success:

-
-
-

- **DO LESS OF** in 2026 to achieve this success:

-
-
-





The Year Ahead

READY TO WIN IN THESE 3 AREAS

It's about taking *DIFFERENT* actions to get *DIFFERENT RESULTS!*

2. Key Area: _____

- My current satisfaction score in this area from last year:

- My desired satisfaction score in this area in 2026:

- Describe what success would look like in this area when you achieve that desired satisfaction score:

- How would you feel when you achieve this desired satisfaction/success in this area:





The Year Ahead

READY TO WIN IN THESE 3 AREAS

It's about taking *DIFFERENT* actions to get *DIFFERENT RESULTS!*

2. Key Area: _____

- **START DOING** in 2026 to achieve this success:

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-

- **STOP DOING** in 2026 to achieve this success:

-
-
-

- **DO MORE OF** in 2026 to achieve this success:

-
-
-

- **DO LESS OF** in 2026 to achieve this success:

-
-
-



The Year Ahead

READY TO WIN IN THESE 3 AREAS

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The Year Ahead

READY TO WIN IN THESE 3 AREAS

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- **DO MORE OF** in 2026 to achieve this success:

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-
-

- **DO LESS OF** in 2026 to achieve this success:

-
-
-





The Year Ahead

REFLECTIVE STATEMENTS ABOUT THE NEW YEAR ("I" statements for you to affirm)

This year I will not procrastinate over...

This year I will draw the most energy from...

This year I will reframe my fear by...

This year I will be conscious of the present moment by...

This year I will advise myself to...

This year I will celebrate my success by...

This year I will enhance my mental and physical environment by doing...

This year I will say no to...

This year I will become the version who achieves the above goals easily by...



The Year Ahead

PICK A WORD FOR 2026 (you can have up to 3 words)

Pick a word to symbolise and define 2026 for you. You can look at this word if you need extra energy, so you remember not to give up your **PRIORITIES**.

UNLEASH YOUR MIND

Add any secret wish you have for 2026.



2026

CONGRATULATIONS! YOU'VE JUST PLANNED YOUR YEAR!

If you wish a silent and confidential accountability partner, feel free to share with me and mention the periodicity in which you would like a check-in. I will be happy to send you free reminders.

I BELIEVE ANYTHING IS POSSIBLE THIS YEAR!

Date:

Signature:

Created with Love!





2026

BOOK RECOMMENDATIONS FOR NEW HABIT CREATION, CONSCIOUSNESS AND CONSISTENCY!

Atomic Habits by James Clear

The Power of Habits by Charles Duhigg

Tiny Habits by BJ Fogg

High-Performance Habits by Brendon Burchard

How to Change by Katy Milkman

Changeology by John C. Norcross

Mindset by Carol S. Dweck

Power of Now by Eckhart Tolle

The Power of Discipline by Daniel Walter

The Flow State by Frederick Dodson

The 7 Habits of Highly Effective People by Stephen R. Covey

Flow: The Psychology of Optimal Experience by Mihaly Csikszentmihalyi



2026

Shivaani Talesra

Founder and Chief Learning Architect



Eélan Coaching & Consulting Services

Leadership Coaching | HR/OD Consulting | Training

IT'S ALL ABOUT YOU!

"Our Vision is to empower leaders to become founders/owners of their organisation roles by not just doing the job but becoming tangible contributors to the business growth"

ASIA, MIDDLE EAST & GLOBAL

Shivaani is the Founder and Chief Learning Architect of Eélan Coaching & Consulting Services. She is a seasoned global HR professional, an ICF PCC Coach, EMCC Senior Practitioner, NLP Master Practitioner and MBTI Practitioner.

Currently based out of India, Shivaani has been a solo life traveller for 23 years, having lived in different parts of India and abroad. With over 18 years of global HR experience across India, Europe, the UK, and Singapore, she specialises in Organizational Development, Talent Management, Employee Connect & Retention, Performance Review, Succession Planning, Employee Value Proposition, Learning & Development and growth transitions during change in hierarchy or geography.

She leverages her business HR experience, training in coaching modalities, her journey of trauma to triumph and positive psychology to help clients enhance "human synergy" in the workplace, focusing on personal empowerment, mindset, emotional intelligence, and alignment among people, process, profits and purpose resulting in enhanced productivity and collaboration.

At Eélan, Shivaani, with core collaborators, offers executive & leadership coaching, HR change/OD interventions, training and facilitation, bespoke leadership programs, and speaking engagements.

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**Wishing you and your near ones a
Very Prosperous and Abundant 2026.**

Let's thrive together!

Grace & Gratitude,
Shivaani

