NOAMI LEE

FROM PERFECT TO REAL

in 21 days

Your

BREAKTHROUGH COMPANION

WORKBOOK

FOR SELF-DISCOVERY

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WELCOMING THE *REAL* YOU

Something led you here—to this book, to these words, to this moment. Maybe it was a quiet nudge from within, a longing for something more, or a deeper realization that the life you have been living doesn't quite fit anymore. Whatever it was, trust that you are exactly where you need to be.

This isn't the beginning, nor is it an end. It's a continuation of the journey you have already begun, whether you were fully aware of it or not. This workbook is here to help you uncover who you already are, as a companion for your path. This will be a space to reflect, to discover, and to deepen your connection with yourself. Here, within these pages, there is nothing to prove and no race to win. Self-discovery isn't about striving—it's about allowing. It's about giving yourself permission to pause, and to listen. Each reflection, each question, each quiet moment will guide you deeper into the truth of who you are. The answers aren't out there. They are within you, waiting to be remembered.

This workbook is designed to pair with the book Breakthrough: From Perfect to Real, helping you integrate its wisdom into your daily life. But if you are reading this as a standalone guide, trust that it will take you exactly where you need to go. Take a deep breath. Trust yourself. Trust this process. And know that yes—you ARE ready for this next step in your life.

There are no strict rules on how to work with this book, but there is one commitment you will have to make: Begin the Automatic Writing on Day 1 and follow through to Day 21. This daily practice is a core part of your transformation, helping you bypass the noise of the mind and access deeper clarity. Beyond that, let this workbook be your space for exploration. Move at your own pace. Reflect deeply and write freely. Some exercises may challenge you, others may bring surprising clarity. That's all part of the process. If it takes you longer than three weeks, that's perfectly fine. What matters most isn't speed—it's showing up for yourself and committing to real change. This journey isn't about rushing to the finish line, but about embracing the transformation that unfolds along the way. So go at your own rhythm. Be honest with yourself. And most importantly—be open to the breakthroughs that await you.

FIRST STEPS...

The shift from perfect to real begins with awareness—of the beliefs you hold, the expectations you carry, and the vision you have for yourself. These questions will help you explore what perfection has meant to you and what embracing your real self could feel like.

What comes in mind when you hear the phrase “From Perfect to Real”?

How do you currently define “perfection” in your life?

What would being “real” look like and feel like for you?

WHERE YOU ARE TODAY

Take a moment to capture where you currently stand on your journey.
Rate your feelings in the following areas, on a scale from 1 to 10:

Self-Love and Acceptance 

Sense of Inner Peace 

Confidence in Making Decisions 

Ability to Embrace Change 

Freedom from External Expectations 

Where do you feel the most “stuck” in your life right now and
what do you believe is holding you back from living more authentically?

SETTING INTENTIONS

What do you hope to gain from this Workbook? Write down 3 intentions for this journey (for example “I intend to connect more deeply with my true self”, “I intend to release old patterns that no longer serves me” or “I intend to live with more authenticity and freedom”)

MY REAL INTENTIONS

1 _____

2 _____

3 _____

Imagine yourself a few months from now, having fully embraced your true self. What has changed? How do you feel? What does your life look like?

WHAT DRAINS YOU VS. WHAT FUELS YOU

This exercise helps you gain clarity on what depletes your energy and what truly nourishes you—mentally, emotionally, and physically. By identifying these patterns, you will be able to make more intentional choices that support your well-being and alignment with your authentic self.

Left Side: List everything in your daily life that drains your energy—situations, habits, people, thoughts, responsibilities, or anything else that feels heavy, exhausting, or uninspiring.

Right Side: List everything that gives you energy—things that make you feel alive, at ease, inspired, or fulfilled. These could be small moments, activities, relationships, or even certain ways of thinking.

Set a timer for at least 30 minutes (an hour is even better). Even if you feel like you have written everything down in the first 10 minutes, keep sitting with it. The longer you stay with the exercise, the more your unconscious mind has time to surface deeper insights.

NEGATIVE	POSITIVE

NEGATIVE	POSITIVE

Once your list feels complete, take a step back and observe:

- What stands out the most?
- Are there things on the negative side that you can begin to let go of?
- Are there things on the positive side that you want to prioritize more?

YOUR BREAKTHROUGH AFFIRMATIONS

Create personal affirmations that align with your intentions and what truly fuels you. These affirmations will serve as anchors throughout this workbook—and beyond—as you step into this new, exciting journey

Examples “I am ready to embrace my real self, with courage and compassion”, “I release the need for perfection and celebrate the beauty of being real” and “I trust my journey, knowing that every step forward is a step toward freedom.”

SHIFTING YOUR PERSPECTIVE

Our thoughts, beliefs, and interpretations influence how we experience life, often more than the events themselves. When we feel stuck, it's usually because we're looking at things through the same old lens—one shaped by past experiences, fears, or societal conditioning. But what if you could shift that lens?

This exercise will help you step back and see your experiences, challenges, and self-perceptions in a new way. By questioning old beliefs and choosing a fresh perspective, you open the door to greater freedom, confidence, and peace.

How to do this exercise:

1. Think of a situation, belief, or recurring thought pattern that has been limiting you.
2. In the first column, write how you've typically viewed this situation. Be honest—this is the unfiltered version of your internal dialogue.
3. In the second column, reframe this perspective. How else could you see this situation? If you were giving advice to a friend, what empowering perspective would you offer?
4. Notice how this shift feels. How does it change your emotional response?

Even small shifts in perception can create major changes in how you move through life. When you consciously choose to see things differently, you reclaim your power over your thoughts and emotions. The way we perceive the world really does shapes our reality.

EXAMPLE: FROM SELF-DOUBT TO SELF-TRUST

Let's say you have a deep fear of speaking up in meetings or social situations. You've told yourself for years that "I'm just not a confident person." But what if this isn't the full story? What if confidence isn't something you have or don't have—but something you develop?

We use Limiting View as the "old belief" and "Empowered perspective" as the new way of thinking.

LIMITING	EMPOWERED
"I'm just not a confident person."	"Confidence is a skill, and I can strengthen it step by step."
"People might judge me if I make a mistake"	"People are usually focused on themselves, not analyzing my every word."
"I need to be 100% prepared before I speak."	"I don't have to be perfect—what I have to say is valuable as it is."

NOW ITS YOUR TURN. Think of a belief, fear, or challenge that has been keeping you stuck. How have you been seeing it? What's another way to look at it? Write your thoughts (in the table below) and notice how your perspective shifts.

LIMITING	EMPOWERED
LIMITING	**EMPOWERED**
LIMITING	**EMPOWERED**

MORE SELF-REFLECTION

Now that you have begun shifting your perspective, it's time to dig a little deeper. True transformation happens when you become aware of the beliefs and fears that have shaped your life—often without you even realizing it. This section invites you to pause and reflect on the deeper layers of your thoughts, emotions, and behaviourrs.

Be honest with yourself. There are no right or wrong answers here—only what is true for you in this moment. The more awareness you bring to these questions, the more power you have to rewrite the story you tell yourself.

What do I truly believe about myself?

What fears have I been carrying around that are no longer serving me?

What lies have I believed about my potential?

RESOLVING TRIGGERS

We all have certain things—words, situations, or behaviors—that instantly spark a reaction in us. These triggers often come from past experiences, but they show up in the present, catching us off guard. Your triggers are not here to control you, but to teach you. Instead of feeling frustrated by them, what if you used them as a tool for growth?

STEP 1: Identify One (or Two) Common Trigger(s). Think of a situation that often upsets or frustrates you. Write it down.
STEP 2: Notice Your Automatic Response. Do you react with frustration, withdrawal, defensiveness? How does it feel in your body?
STEP 3: Choose a New Response

If this happens again, what is one small shift you can make?
Could you pause before reacting? Take a deep breath? Respond with curiosity instead of assumption? This isn't about fixing everything overnight. It's about becoming aware of your patterns and reclaiming your power in the moments that matter.

Common Trigger:	Automatic Response:	New Response:

NEW DAILY HABITS

By now, you've gained clarity about the beliefs, fears, and patterns that have shaped your life. Awareness is the first step, but real transformation happens through action. The small, consistent choices you make each day are what create lasting change. This section is about aligning your daily habits with the real you—the version of yourself that you are stepping into. Instead of staying stuck in old cycles, you now have the opportunity to choose differently.

Ask yourself:

- What habits support the person I am becoming?
- Which daily actions align with my true desires and values?
- What small, meaningful shifts can I make that will have a big impact over time?

Even the simplest changes—like beginning your day with mindful breathing instead of checking your phone, or replacing self-doubt with self-affirmation, can create a ripple effect in your life.

Start by identifying one or two new habits you are committed to integrating.
Remember, it's all about consistency.
Small steps, taken daily, lead to profound transformation.

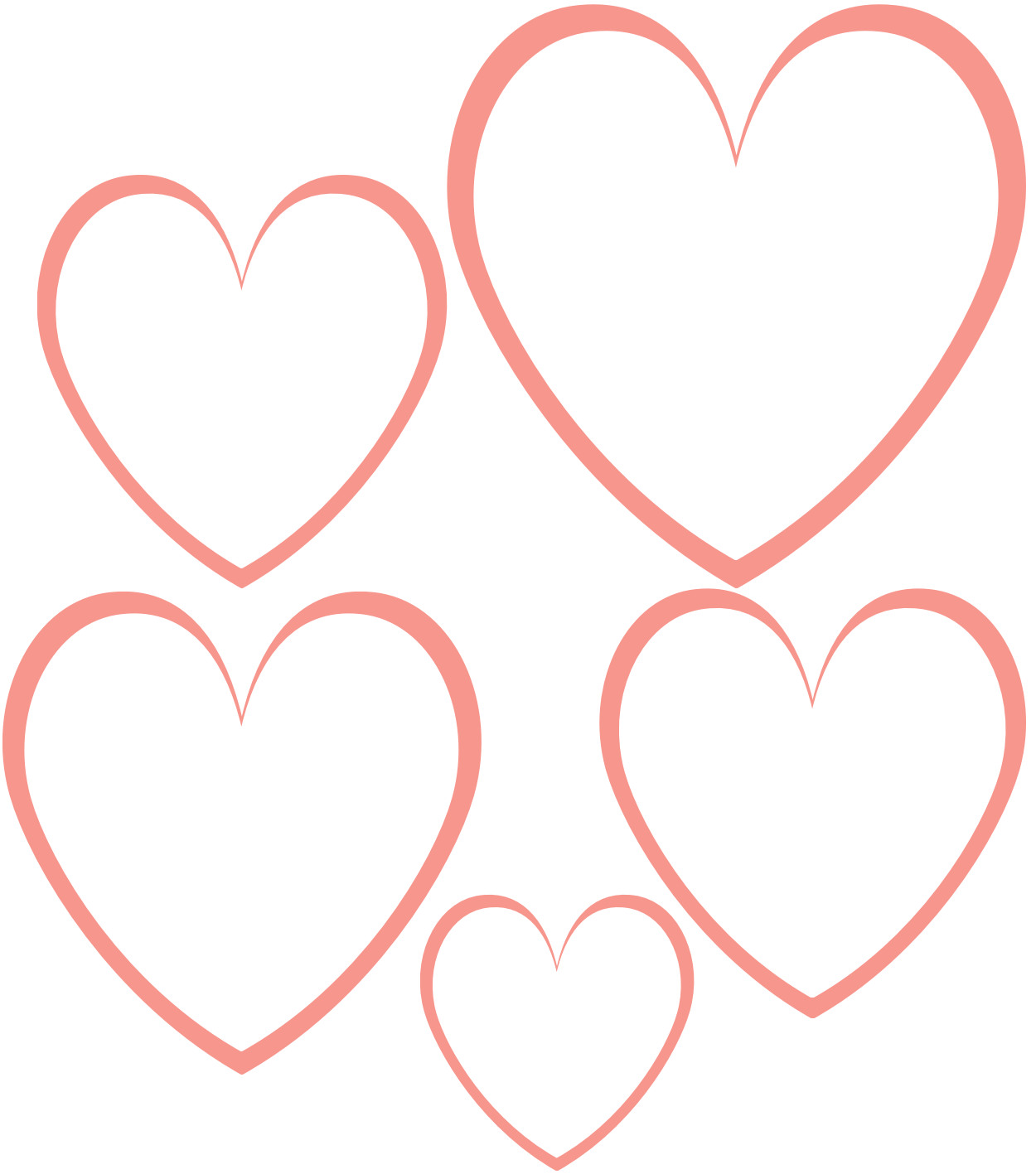
1.

2.

MY PASSIONS

What are your big passions in life - what lights you up?

Write one passion inside each of the hearts:



PASSION CHALLENGE

I would LOVE to learn more about:

I would LOVE to try:

I would LOVE to go to:

I feel LOVE when:

YOUR WORDS SHAPE YOUR WORLD

The way you speak to yourself and others creates a ripple effect. Every word carries energy—the energy you send out is the energy that comes back to you.

- Speak with kindness, and kindness will find its way back.
- Encourage others, and you'll find encouragement when you need it.
- Doubt yourself, and the world will mirror that doubt.

NEW CHALLENGE:
Over the next few days, notice your self-talk. Would you say these things to a friend? If not, why say them to yourself?

A small shift in words can and will lead to a big shift in your life.

LETTING GO... FINALLY!

Holding on to what no longer serves you is like carrying a heavy backpack filled with stones—you don't realize how much weight you have been carrying until you set it down. Letting go isn't about forgetting or pretending the past didn't happen. It's about making space. Space for new opportunities, for peace, for a lighter way of living.

What you release today opens the door for what you are truly ready to receive. Let go of what's weighing you down—old fears, limiting beliefs, painful memories, self-doubt, unhealthy habits, or the need for external validation. Whatever has been keeping you stuck, it's time to loosen your grip.

.

Take a deep breath, trust yourself, and answer the questions on the next page..

WHAT I'M LETTING GO OF

HOW IT FEELS TO RELEASE THIS

STEPS TO MOVE FORWARD

HOW THIS WILL HELP ME

WHAT I AM READY TO RECEIVE IN ITS PLACE

A LETTER TO YOURSELF

Write a letter as the real you—the version of yourself who has stepped fully into clarity, freedom, and purpose. This is not a wishful note to your future self. This is a declaration of who you are now. What do you want to affirm about yourself?
What do you know deep down to be true?
Speak as the person who already embodies this transformation.
Own it.

THE POWER OF AUTOMATIC WRITING

Imagine having a direct line to the wisest, most aligned version of yourself—the part of you that knows what you need, what truly matters, and what steps to take next. That's exactly what automatic writing can help you access.

So, what is it?
Automatic writing is a practice where you allow thoughts, ideas, and insights to flow onto the page without overthinking or filtering. You quiet your analytical mind and create space for your intuition—or your higher self—to speak through you.

This is not about writing perfectly or making logical sense. It's about allowing. When you set aside expectations and simply write, you may be surprised by what emerges: insights, clarity, encouragement, or even solutions to challenges you've been struggling with.

Why practice this daily?
Like any form of self-discovery, consistency is key. Over the next 21 days, you'll build a stronger connection with your inner voice, learn to trust your intuition, and develop a greater sense of clarity. You may notice:

- Deeper self-awareness as hidden thoughts and emotions come to the surface.
- Stronger intuition—a natural sense of guidance in daily life.
- Emotional release, allowing you to process and let go of what no longer serves you.
- Creative breakthroughs, as fresh ideas and inspiration flow more freely.

How to Approach This Practice:

- Let go of control. Don't force words onto the page. Let them come naturally.
- Write freely. Even if it feels scattered at first, trust the process.
- Stay open. Answers may come as words, phrases, or even just a feeling.
- No judgment. Whatever appears on the page is exactly what is meant to be.

For the next 21 days, this is your sacred space—a conversation between you and your truest self. Let the words flow. Trust what comes. And most of all, enjoy the journey.

AUTOMATIC WRITING
DAY 1.

AUTOMATIC WRITING
DAY 2.

AUTOMATIC WRITING
DAY 3.

AUTOMATIC WRITING
DAY 4.

AUTOMATIC WRITING
DAY 5.

AUTOMATIC WRITING
DAY 6.

AUTOMATIC WRITING
DAY 7.

WEEKLY REFLECTION

DATE

How Am I Feeling About This Week?

What Went Well?

I Need To Let Go Of ...

I am Proud Of ...

I Need To Do More Of ...

AUTOMATIC WRITING
DAY 8.

AUTOMATIC WRITING

DAY 9.

AUTOMATIC WRITING
DAY 10.

AUTOMATIC WRITING
DAY 11.

AUTOMATIC WRITING
DAY 12.

AUTOMATIC WRITING
DAY 13.

AUTOMATIC WRITING

DAY 14.

WEEKLY REFLECTION

DATE

How Am I Feeling About This Week?

What Went Well?

I Need To Let Go Of ...

I am Proud Of ...

I Need To Do More Of ...

AUTOMATIC WRITING

DAY 15.

AUTOMATIC WRITING

DAY 16.

AUTOMATIC WRITING

DAY 17.

AUTOMATIC WRITING

DAY 18.

AUTOMATIC WRITING

DAY 19.

AUTOMATIC WRITING
DAY 20.

AUTOMATIC WRITING

DAY 21.

WEEKLY REFLECTION

DATE

How Am I Feeling About This Week?

What Went Well?

I Need To Let Go Of ...

I am Proud Of ...

I Need To Do More Of ...

WHERE YOU ARE TODAY

Take a moment to capture where you NOW stand on your journey, after 21 days of deep diving into your inner world and committing to Self-Discovery.
Rate your feelings in the following areas, on a scale from 1 to 10:

Self-Love and Acceptance 

Sense of Inner Peace 

Confidence in Making Decisions 

Ability to Embrace Change 

Freedom from External Expectations 

What has changed in your life since the beginning of this Self-discovering journey? Try to explain your feelings and the changes that have taken place within you and also in your surroundings.

Now Celebrate!!

Whatever has changed in your life for the better needs to be celebrated - big time!

Take some time to show gratitude and give appreciation and the effort you have invested in yourself for a REAL you and a better future.

NEXT STEPS: MOVING FORWARD

Congratulations! You've reached the end of this workbook, but your journey is only just beginning. Transformation doesn't happen in a single moment—it unfolds over time, through the small, intentional choices you make every day.

As you close this chapter, take a deep breath and acknowledge yourself. You've done something remarkable: you have shown up for yourself. You've explored, reflected, and taken steps toward a more authentic, free, and aligned life.

How to Continue This Journey:

- INTEGRATE WHAT YOU HAVE LEARNED – Revisit your notes, insights, and reflections. What key realizations stood out? Keep them visible—write them on sticky notes, save them in your phone, or place them somewhere you will see them daily.
- REVISIT YOUR SELF-ASSESMENT – Compare where you are now with where you started. Notice the shifts, big or small. If you feel drawn to, repeat the exercises that had the biggest impact.
- KEEP UP THE AUTOMATIC WRITING – If you have found value in it, make it a part of your life beyond these 21 days. Some of the most powerful breakthroughs come when we least expect them.
- HONOR YOUR INTENTIONS – Look back at your vision from the "Setting Intentions" section. What steps can you take today to bring that vision to life? Keep moving forward, no matter how big or small your steps are.
- TRUST YOURSELF – The person who started this workbook and the person finishing it are not the same. You have more clarity, awareness, and tools than before. If you take only one lesson from this workbook, let it be this: Always trust your inner voice!

Final Reflections

ONE MAJOR SHIFT I HAVE EXPERIENCED DURING THIS JOURNEY:

ONE THING I AM COMMITTING TO, MOVING FORWARD:

WORDS OF ENCOURAGEMENT I GIFT TO MY FUTURE SELF:

You've Got This.
No matter where life takes you, remember: you are capable, worthy, and more powerful than you know. Now it's time to live fully, boldly, and unapologetically – as the REAL you

With gratitude and belief in you,
Noami Lee