LIVE YOUR MARK.

Truself™ Manifestation Program

A 28-day journey with Live Your Mark..

“You can’t become who you’re meant to be if your life is cluttered with who you no longer are.”

ABOUT US



Live Your Mark is a pioneering personal development company built on the belief that every individual has the potential to leave a unique and lasting legacy. Founded by Kelvin Lim, the first ICF Master Certified Coach in Southeast Asia, a world record holder in coaching, and a pioneer of the coaching profession in this region. For over two decades, he has been shaping the field of human development with a rare combination of depth, rigour, and vision.

At Live Your Mark, we don't just teach self-improvement—we redefine it. Through our proprietary TruSelf™ Methodology, we guide high achievers, leaders, and change-makers to cut through the noise, uncover their deepest truths, and align their lives with what truly matters. Because real success isn't just about what you achieve—it's about becoming the person who was always meant to create it.

This is your time to lead, leave and live your mark.

Our Programs

TruSelf™ Manifestation Program

A 4-week journey to clear what's holding you back and create space for the life you're meant to live. If you've been feeling stuck, drained, or overwhelmed, you're not alone. TMP helps you clear the inner and outer clutter that blocks your energy and focus. With weekly coaching, you'll build self-trust, move through resistance, and reconnect with what truly matters — so you can live with more clarity, intention, and flow.

TruSelf™ Creation Course

Are you ready to uncover the person you were always meant to be & feel like there's more to life than this? The TruSelf™ Creation Course (TCC) is a transformative journey designed to help you peel back the layers of expectations, self-doubt, and habits that no longer serve you, to reconnect with who you are beyond the noise, and uncover your real desires and dreams.

Advanced Programs (Pre-requisite: TCC)

Dive into immersive journeys designed to uncover your deepest truths. In these advanced programs, DeepWork, Shadow Work, Rebirth, and CoreSelf — you'll uncover the subconscious patterns and protective mechanisms that quietly shape your life. Drawing from Jungian psychology, somatic coaching, and systemic frameworks, you'll begin to recognise where you've unconsciously deviated from your inner truth due to past conditioning.

THE TRUSELF™ HUMAN EVOLUTION MAP

BODY WORK & INTEGRATION LABS
TruSelf Bodywork Programs
(Physical, Intellectual, Emotional, Instinctive)

STAGE 0: MAKE SPACE FOR WHAT MATTERS
TruSelf Manifestation Program (TMP)

STAGE 1: COME BACK TO YOURSELF
TruSelf Creation Course (TCC)

STAGE 2: DIVE INTO DEPTH & CYCLES
Deep Work

LIVE YOUR MARK.

STAGE 3: FIND THE CORE OF WHO YOU ARE
CoreSelf

STAGE 4: PATHWAYS OF CONSCIOUSNESS
Rebirth, Shadow Work,
Principles of Love & Relationships

Ever Feel Like You're Just... Stuck?

Not because you're lazy.
Not because you're not trying.
But because no matter what you do, you keep circling back to the same place.

Here's what "stuck" might look like:

- You wake up tired, go home even more tired and still feel like nothing's changed;
- You dream of leaving your 9–6, but don't know what you'd do instead;
- You procrastinate even when you want to do the thing;
- You're uninspired by your routine but overwhelmed by the idea of changing it;
- You keep saying "after this project / event / week I'll start..." (but never do);
- You know you want something more but can't name what that is.

TruSelf™ Manifestation Program

In this 4-week program, you'll uncover the small habits and unfinished matters that have been quietly holding you back. You'll be surprised by how the tiniest things like a cluttered drawer, an unsent message, a lingering thought, can drain your energy more than you realise.

You'll also learn the psychology behind energy leaks, why we avoid certain tasks, and how emotional resistance can quietly sabotage our momentum. With that insight, you'll be better equipped to move through stuckness with clarity and compassion.

This isn't just Marie Kondo-ing your space.
It's about clearing the unseen clutter in your mind, your emotions, and your energy — the things that silently weigh you down and block your momentum. TMP works at the root, not just the room.

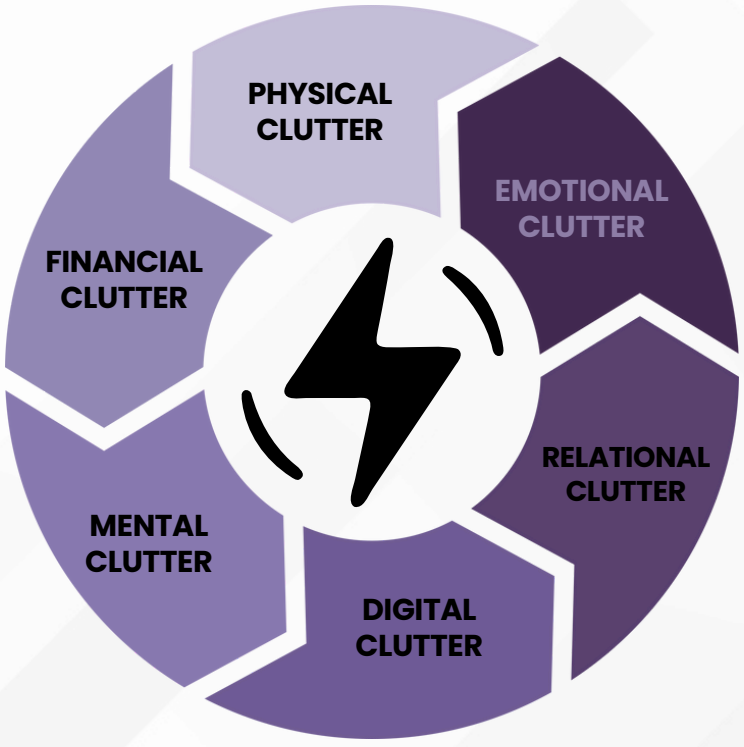
What is the TruSelf™ Manifestation Program (TMP) about?

The TruSelf™ Manifestation Program is a rare synthesis of science, psychology, and real-life practicality. Behind its deceptively simple structure lies a powerful blend of evidence-based principles — it's a proprietary blend of our TruSelf™ methodology and science-backed psychology, crafted over decades of deep coaching work.

Rooted in principles of human evolution and conscious change, TMP integrates cognitive science with our own frameworks for personal alignment and energetic clearing. It's designed not just to help you "clear clutter," but to address the deeper psychology behind why we stay stuck, avoid certain tasks, and feel drained even when we're doing "all the right things".

By working across both your internal state and external environment, TMP creates a ripple effect of clarity, movement, and alignment that productivity tools or wellness hacks don't reach. It's not just a program — **it's a full-system reset, delivered through a structured and supported process to reach your goals.**

DOMAINS OF CLUTTER



Where Clutter Hides — and Energy Can Be Freed

LIVE YOUR MARK.

Program Structure

This program meets you where you are — and moves you forward gently but powerfully.



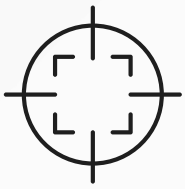
WEEKLY ONLINE GROUP MENTORING

Live, interactive sessions with ICF-PCC Coach and Lead Trainer, Julia, as well as the community to learn about the psychology behind clutters, identify your long-standing patterns and get real time coaching from Julia.



SUPPORT AND CHECK-INS

Small prompts. Big shifts. Just a few minutes a day. These daily check-ins help you build awareness in real time, stay anchored to your clearing ritual, and feel supported even on days when you're tired or busy.



DAILY MOMENTUM PRACTICES

A simple, grounding moment to gently clear and reconnect with what matters, as an act of alignment. Small acts, like tidying a space, sending a delayed message, or facing a lingering feeling build quiet momentum. Over time, they create clarity, movement, and self-trust!



SUPPORTIVE COMMUNITY

Whether you're new to personal growth or have years of experience under your belt, TMP brings together a unique mix of participants — from seasoned seekers to first-time explorers. What connects everyone is a shared commitment to clearing what no longer serves them and living more intentionally.

Just 4 Weeks. Align Yourself. Shift Your System.

By the end of the 4 weeks, you won't just have a tidier space or a shorter to-do list. You'll feel more centered, present, and clear about what really matters. As participants begin to remove what's been silently weighing them down, many find themselves taking bold steps they once hesitated on: starting projects, having long-overdue conversations, making choices aligned with who they really are. Some reignite creative impulses. Others experience unexpected clarity in their careers, finances, or relationships.

It's not about changing everything overnight — it's about experiencing what becomes possible when you finally stop dragging the weight of the unfinished. And from that place, new things start to move.

TESTIMONIALS

Hear from participants who have completed the program!

This is a group coaching program to "spring clean" clutters in our lives. Under the coaching mastery of Julia, I cleared more than 25 clutters that had affected me consciously and unconsciously.

Seemingly non-consequential clutters but I was surprised!

I could never imagine that clearing old photos could clear my struggle with life transition and help me recapture the sense of being loved unconditionally! Clearing expired food in the pantry exposed the motivation for over stocking – fear! I then realized how fear has led me to make some less than logical decisions – "just in case" in my life!

I highly recommend this course to anyone who wants to let go of hindrances that hold us back. Julia has also shared frameworks and coaching questions that we can continue to work on after the program for continuous improvement.

-Alice Wong

I used to feel directionless — like everyone else was moving forward, but I wasn't even sure where I wanted to go. I kept thinking I needed to make big changes, like quitting my job, to start doing what I love.

But in TMP, I learned that real change starts with the smallest steps. I chunked my dream of learning to sing into tiny, doable actions, and I actually mastered songs that I have been wanting to work on for years!

I feel organised, clear, and energised. I no longer need to wait for a perfect moment. I could begin now. I am even leading a group of 200 people online for meditation, and it's something I thought I could only pursue when I retire!

Having gone through TMP and TCC, they have changed everything in my life!

-Sophie Liu

OUR TRAINER

Julia Ng

Lead Trainer at Live Your Mark & ECI Coaching
ICF Professional Certified Coach (PCC)
23 years of experience in Coaching & Training



Coaching and training since 2003, Julia has spent over 10,000 hours making a difference to others through her coaching and coach training programs, workshops, talks, and personal coaching sessions.

Julia is a sought-after Brand Strategist, Consultant and Coach of 23 years. Prior to coaching, she held key positions in internationally renowned design firms in the USA, Australia and Singapore. In her management positions she successfully mentored and inspired members of creative teams in creating vision, strategy, award-winning results and personal growth, once earning her six promotions in four years.

Julia's vast coaching experience makes her a versatile coach, employing approaches that are best suited for her clients' development and success. Her transformational coaching programs empower clients to seize opportunities, leading to sustainable transformation and enhanced performance. Clients benefit from improved relationships, fulfilling careers, increased efficiency, and vitality under Julia's guidance.

Julia brings a no-nonsense, direct style peppered with candor and wisdom to her leading and coaching. She has been featured in the media including various lifestyle magazines and News 938Live.

Join us at our Community Events!

TruFestival

Our annual event where we come together with our sister company - Executive Coach International to run activities, talks and campaigns to initiate more conscious conversations!



TruSelf™ BodyWork Workshops

One-day weekend workshops that highlights our awareness to our P,I,E bodies and how they contribute to our evolution and manifestations in life.





External Events and TruSelf™ Development Workshops

We run series of workshops that covers topics ranging from overcoming your inner critic, to more hands-on & coaching centric programs like goal-setting and visualization workshops!





Ready to make a difference?

Action Steps

1

Find out more about our programs through this brochure or head over to our website here!

2

Schedule a call with us as we guide you through the process of understanding the program and answer any questions you may have.

3

Check the program schedule with us for the year and register for the intake based on your availability!

"THE JOURNEY TO YOUR TRUSELF™ BEGINS WHEN YOU DARE TO SEE YOURSELF CLEARLY—NOT AS THE WORLD DEFINES YOU, BUT AS YOU TRULY ARE. IN THAT CLARITY LIES THE POWER TO TRANSFORM YOUR LIFE."

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