

ALIGNED

Transformational Program With Rony Reingold

VALUES EXERCISE

LIFE GOALS -----> UNDERLYING VALUES

What would reaching this goal provide me?
What is important to me about that?
Reaching my goal would mean experiencing:

Ex: Keeping Weight Off For Good/Being
Healthy Long Term Easily

Ex: Respecting Myself/I'm Proud Of My Choices
OR: My Body Is My Temple Value

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VALUES EXERCISE

What special name can you give to your Core Value so that it really resonates with YOU?

CORE VALUE -----> SPECIAL NAME/REMINDS ME OF:

<p>Ex1: Freedom and flowing through life w/ ease Ex2: Sharing delight with others</p>	<p>Ex1: Snowboarder Value Ex2: Being The Mischievous Angel</p>
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