

ALIGNED

Transformational Program With Rony Reingold

Old Agreements

Old Unconscious Agreements

The agreements both spoken & unspoken I made with my dad, mom, sibling, myself, other significant people were: Ie: My sister is amazing, I put her on a Pedestal b/c I love her. Or: I must be sick in order for my needs to be justified to others.

False "I Am" Identity Up Until Now

Ie: These agreements created a false belief that I am weak. I am sick. I am not good enough. I am incapable. My body is faulty. I'm not safe. I am unworthy of love.

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New Empowering Agreements

The new agreement I make with myself, my parents, siblings, body or other significant people:
Ie: My sister is amazing and so I am; we are equal.
My needs are valid all the time and I am learning to voice them.

New Healthy “I Am” Statement

Ie: I am healthy, clear and strong. I am loved.
My body is balanced and heals itself daily.
