

# ALIGNED

Transformational Program With Rony Reingold

## Today I Chose Instead

List at least 3 examples daily to support each of the statements below.  
This exercise will allow you to gain evidence of how the below is true.

**Today I chose instead to follow my intuition and it paid off:**

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**Today I chose instead to put myself first and it was ok:**

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**Today I chose instead to tend to my emotional and physical needs by practicing self-care and it restored me:**