

ALIGNED

Transformational Program With Rony Reingold

Follow The Energy

List all of the things that drain and enhance your energy. See below for examples. Throughout the week, follow the energy! Engage in things that bring you alive, restore you, reinvigorate you. What difference do you notice in your energy levels? What are you aligning with?

Energy Drainers

These are activities, people, thoughts, habits, environments, foods, etc. that DEplete you of energy or that feel draining to you.

Energy Enhancers

These are activities. People, thoughts, habits environments, foods, meditations, etc. that ENHANCE your energy or that make you feel more alive!

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