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Transformational Program With Rony Reingold

10 Commandments

My 10 Commandments are the principles by which I choose to live my life so I can stay connected to my truth and my soul. YES!

Examples:

I commit to only engaging in relationships that are healthy and authentic for me.

I promise myself to live in the land of FULL YES, therefore saying No to things and people that feel like a "No" or "Maybe".

I am committed to speaking my truth with everyone in my life.

I take radical responsibility for myself and I make my own choices in my life – making conscious choices that will lead me to my life goals.

I only engage in activities and invite people into my life and heart that fill me with happiness, are good, and fill my spirit and heart.

I commit to never giving up on myself – and always believing in what I feel in my heart to be true.

I commit to only contributing compassion, empathy, and patience in my relationships.

The 10 commitments I make to myself are:

1.

2.

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3.

4.

5.

6.

7.

8.

9.

10.