

ALIGNED

Transformational Program With Rony Reingold

Now

Your power lies in the present moment, as it is the only place in which you can actually make a choice. You cannot make a choice in the past or future.

Tips to bringing yourself back to the present moment:

Pause and ask yourself:

What am I noticing right now?

How do I feel right now?

What am I aware of in my body right now?

The magic word is NOW:

N: Notice the now

O: Open to the answer

W: Wake up to yourself and your truth in this moment