

ALIGNED

Transformational Program With Rony Reingold

Life Purpose

Your life's purpose encompasses much more than your career. Your purpose can show up in all areas of your life and who you are being for yourself and others. As you become the person you want to be, notice who you are most being and the impact that is having. It may take a few tries to determine a life statement purpose that feels right. Be gentle with yourself and have fun with it!

I am the _____ (insert metaphor here)
who _____ (inserts impact/gift here)

Examples:

- I am the merlin who helps magicians find their magic
- I am the rising sun who illuminates the possibility of hope for others
- I am the song of my truth who gives others permission to sing
- I am the mischievous angel who restores the twinkle in people's eyes
- I am the nourished garden who plants the seed of connection in others

I am the _____

who _____