

# ALIGNED

Transformational Program With Rony Reingold

## Cheerleaders!

While we are the ones who must change ourselves, we cannot walk this path alone. It is critical to have support and to surround ourselves with people who can hold our vision with us.

### MY CHEER LEADERS

People I can call in moments of weakness. People who fan the flame of my excitement – when I share exciting things with them I become more excited. I feel totally supported and accepted by these people; they get me. People who encourage me & my dreams.

### MY ENERGY DRAINERS

People who intentionally or unintentionally deflate my excitement when I share it with them. Nay-sayers who don't believe my dreams are realistic. People who don't "get" me. Those who I regret sharing exciting news with. Those who are critical of me.

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