

ALIGNED

Transformational Program With Rony Reingold

Discipline For The Dream

Dreams can feel overwhelming to attain. Breaking your dream down into strategic chunks will help you get from A to Z in an organized, clear and ALIGNED fashion. The following worksheet is designed to help you break your dream up into sections that you can take forward moving, ALIGNED action on.

Limitless Life Vision: Fill this section in with an overview of your Limitless Life Vision. Make sure to highlight the major elements of your dream. Write this in the present tense, as if your dream life were true now. (See example below)

Major Milestones: These are the major steps or benchmarks you will need to achieve to make your dream life a reality. For example, if your Limitless Life Vision involves you living in Arizona, owning a flower shop with your two children, some of your Major Milestones might be: Open Flower Shop, Move To Arizona and Get Pregnant. These are the big chunks of your dream and they are made up of many smaller steps. It usually takes time (weeks to months) to complete a Major Milestone.

Tiny Triumphs: Tiny Triumphs are the small, day-to-day steps that you need to take to accomplish any one of your Major Milestones. A Tiny Triumph should take you roughly 10-20 minutes, no more! Each Milestone is comprised of numerous Tiny Triumphs. For example, if “Move To Arizona” is one of your Milestones, then some of the Tiny Triumphs that you would need to do to accomplish this might be researching places to live in Arizona online for 10 minutes, booking your flight, etc. Essentially your Tiny Triumphs are where you can place the many items on your to-do list. Don't forget to celebrate at every major triumph and milestone on your journey!

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EXAMPLE DISCIPLINE FOR THE DREAM WORKSHEET

Limitless Life Vision

I am 40 years old and my life feels wonderfully rich and on purpose. I am running my dream karate studio and hosting coaching events there as I am both a karate instructor and a certified life coach. The opening party that we had there was incredible and brought in much new business. My business is effortlessly growing and I feel like I'm living my purpose. My dog Charlie and I spend a lot of time together out doors and I have recently met my life partner. My heart is full and I'm just so grateful for all that is going well in my life.

Major Milestones

Open Karate Studio

Become a Certified Life Coach

Date New People

Get A Dog

Opening Party

Tiny Triumphs

Research Studios
Create Budget
Call Old Contacts
Practice 10 min/day
Look into loans
Create flyer

Research courses
Register for program
Create study schedule
Create notification email for friends

Create online profile
Get nice picture taken of me
See who I like
Send email to friends
Set up a date

Look through newspapers
Visit the pound
Research type of dog that I want
Ask Mary about her dog

Determine date
Draft invitation
Design postcard
Make flyer
Buy food
Hire bar tender

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Major Milestones					
Tiny Triumphs					