

# **ANGEL WING'S ONLINE PERSONAL TRANSFORMATION PROGRAM (WEEK # 46)**

**A SYSTEMATIC  
APPROACH FROM  
A BALANCED  
STATE TOWARDS  
PERSONAL  
EXCELLENCE**

**DEVELOPED BY:  
THE ANGEL WING,  
LLC**

**PRESENTED BY:  
SACHIN J. KARNIK**

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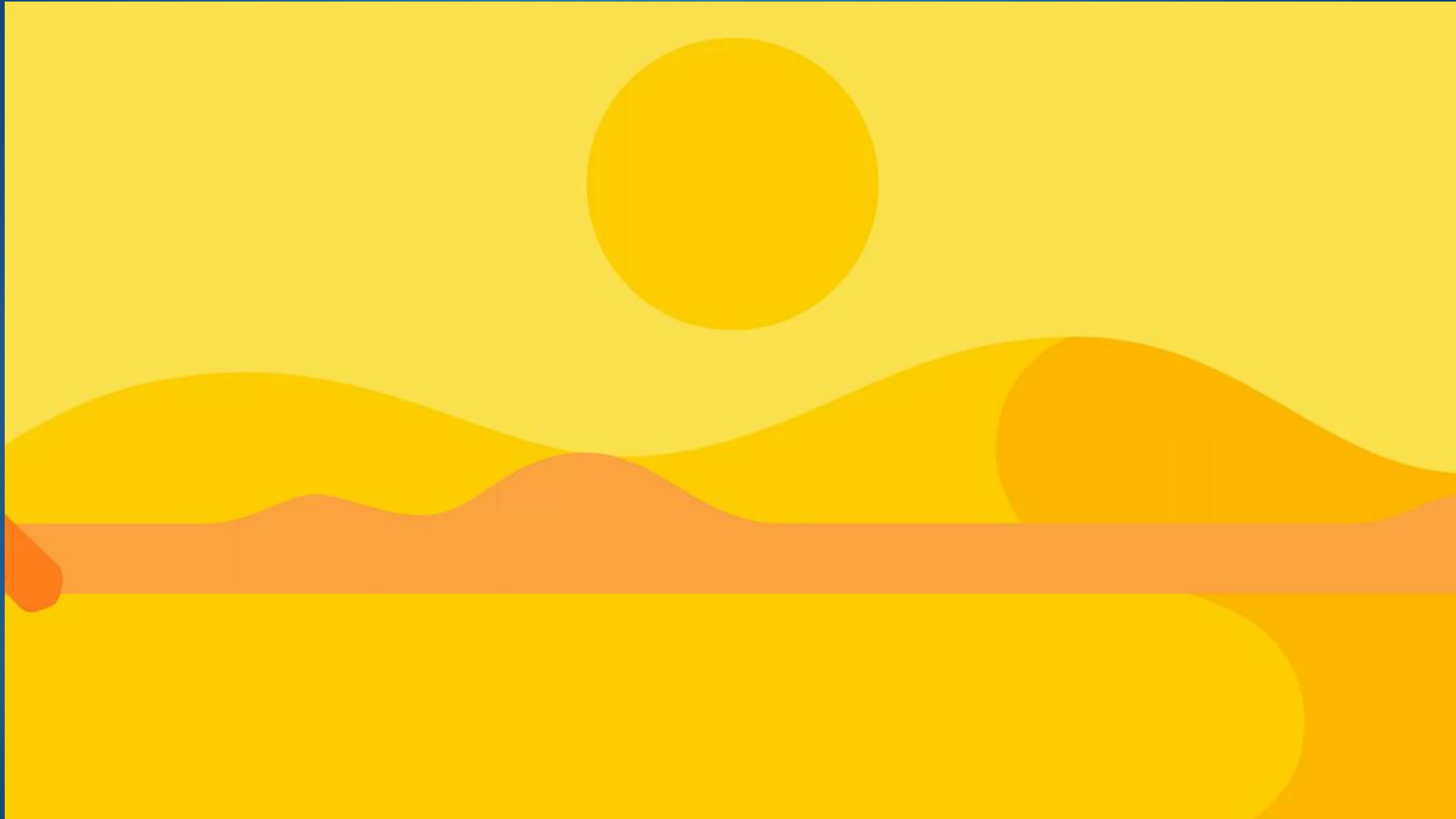
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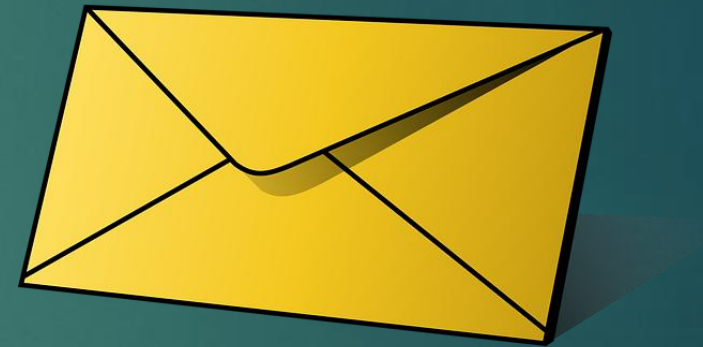
- **Program Intent:** The Quantum Transformation Program, operating under Angel Wing, LLC, is designed to provide opportunities for individuals who have faced past challenges, both personal and professional. We aim to help these individuals reintegrate into professional and community settings, leveraging their skills and experiences for positive impact.
- **Varied Backgrounds:** Participants in the Quantum Transformation Program come from diverse backgrounds, some with previous professional issues, including license revocations, or legal challenges such as felony convictions. Angel Wing, LLC believes in the potential for growth and transformation and supports participants in their journey towards a brighter future.
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- *For detailed information about Sachin Karnik and his background, Angel Wing participants are encouraged to contact him directly at [sachinkarnik@yahoo.com](mailto:sachinkarnik@yahoo.com). Additionally, please be informed that Sachin Karnik was admitted to the Angel Wing QTP (Quantum Transformation Program, our Second Chance initiative) after thoroughly examining all pertinent documents and a comprehensive interview process.*

-- The Angel Wing, LLC

# GROUNDING MEDITATION EXERCISE



# MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK  
CARD PER  
WEEK



**WEEK # 46**  
**ONLINE WORKSOP BEGINS**  
**NOW...**



# ENERGY EQUALIZATION

(WEEKS 40 - 53)

# CORE ENERGY USAGE IN ALL 12 AREAS OF ONE'S LIFE

- 1) **ENERGY ACTIVATION & UTILIZATION** – Awareness of how much energy is used in each area
- 2) **ENERGY EQUALIZATION** – Learn to balance polar aspects within oneself
- 3) **ENERGY CONSERVATION** – Emphasize energy storage
- 4) **ENERGY REVITALIZATION** – Renewal of stored energy
- 5) **ENERGY TRANSMUTATION** – Refinement of stored energy



Presentation by Sachin Karnik

PERSONAL ENERGY EQUALIZATION

# PERSONAL ENERGY EQUALIZATION

October - 2024

**PERSONAL  
ENERGY  
EQUALIZATION:  
LINKING MIND  
SPEED, BREATH  
SPEED AND  
DEPTH, AND  
CORE PERSONAL  
ENERGY**

**BALANCING MIND,  
BREATH AND ENERGY  
FOR OPTIMAL  
PERFORMANCE**





# **Agenda Items**

- **Understanding Personal Energy Equalization**
- **The Speed of the Mind**
- **Breath Speed and Depth**
- **Core Personal Energy**
- **Interconnections and Synergy**
- **Practical Applications and Techniques**

# **UNDERSTANDING PERSONAL ENERGY EQUALIZATION**





# DEFINITION AND SIGNIFICANCE

## Personal Energy Equalization

**Personal energy equalization involves balancing the speed of the mind, breath, and core personal energy. This balance is essential for optimal physical, mental, and emotional function.**

## Improved Health

**Achieving personal energy equalization can lead to improved health, including better sleep, improved digestion, and reduced risk of chronic illness.**

## Reduced Stress

**Achieving personal energy equalization can lead to reduced stress and anxiety, helping you feel more centered and focused.**



# CORE PRINCIPLES OF ENERGY EQUALIZATION

## Awareness

**Awareness is a core principle of energy equalization and involves being mindful of our thoughts, feelings, and breath. By cultivating awareness, we can identify imbalances in our energy and take steps to restore balance.**

## Intention

**Setting an intention to balance our energy is an important step in energy equalization. By focusing our attention on our desired outcome, we can direct our energy towards achieving balance and harmony.**

## Practice

**Practicing energy equalization techniques is essential for achieving balance and harmony. By incorporating regular practices like yoga, qigong, or meditation into our daily routine, we can maintain our energy balance and improve our overall well-being.**



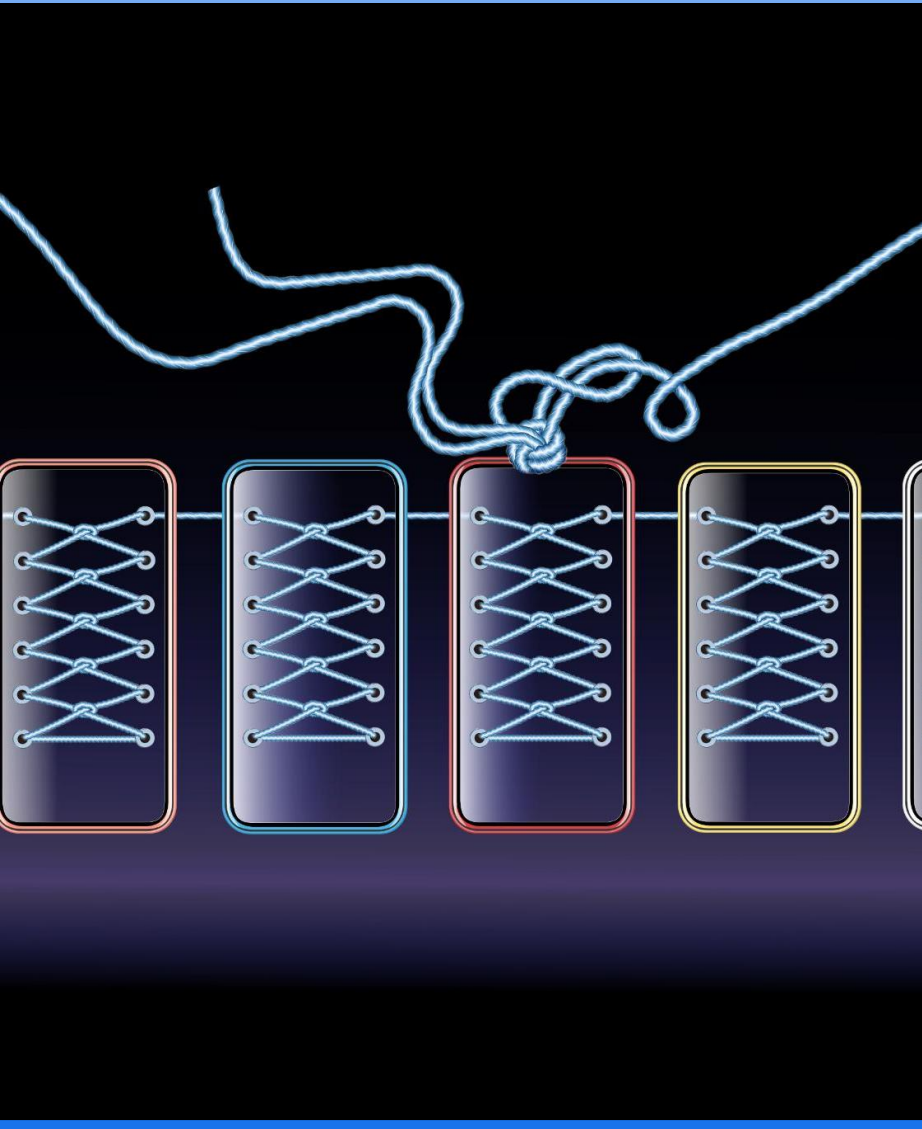
# HISTORICAL CONTEXT AND ORIGINS

## Origins of Energy Equalization

Energy equalization practices have been used for centuries in various cultures around the world. These practices originated in ancient India and China, where they were developed as part of spiritual practices such as yoga, meditation, and qigong.

## Evolution of Energy Equalization

Energy equalization practices have evolved over time and have been adapted to modern lifestyles. Today, these practices are used as a means of reducing stress, improving mental clarity, and promoting overall health and well-being.



# **THE SPEED OF THE MIND**





# MENTAL PACE AND COGNITIVE FUNCTIONS

## Mental Pace and Memory

**Our mental pace can impact our memory. Fast thinking can lead to forgetfulness, while slow thinking can result in better retention of information.**

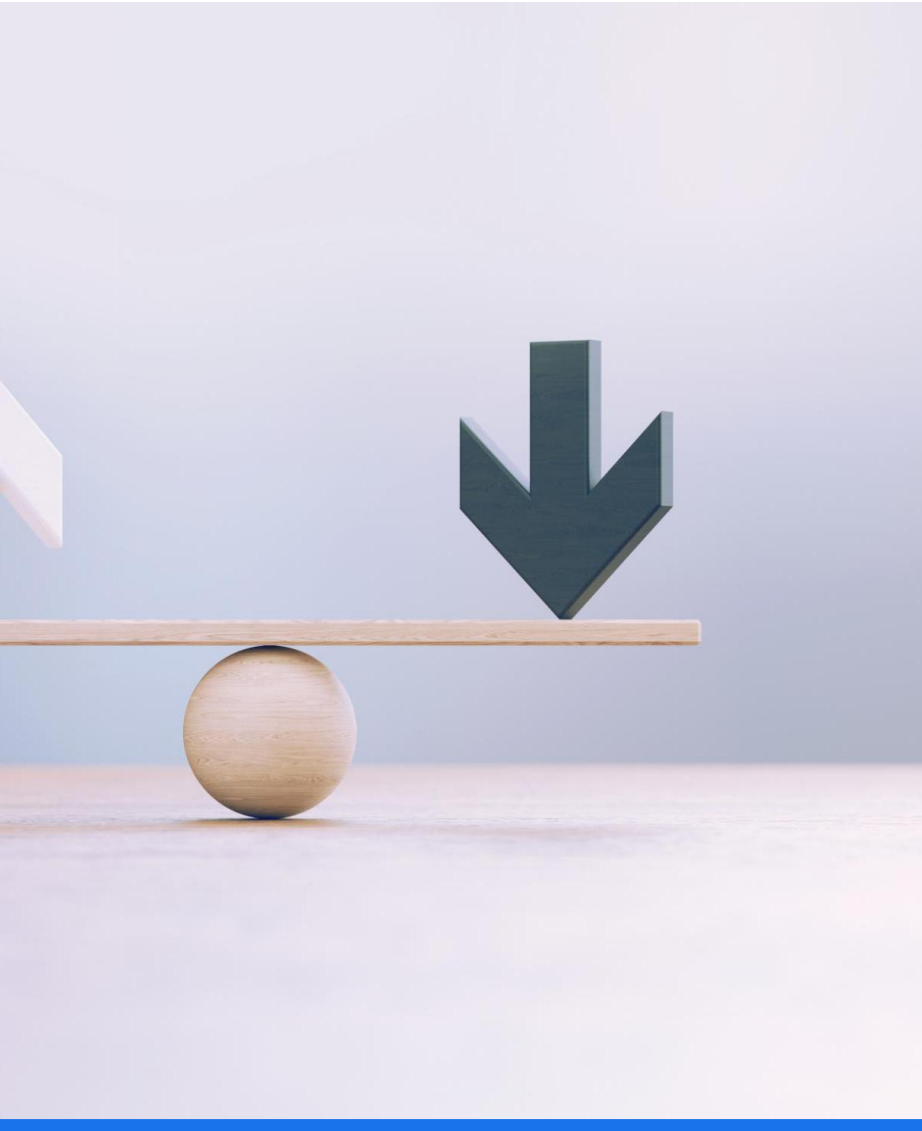
## Mental Pace and Attention

**Our mental pace can impact our attention. Fast thinking can lead to distraction, while slow thinking can result in better focus.**

## Mental Pace and Decision-making

**Our mental pace can impact our decision-making. Fast thinking can lead to impulsive decisions, while slow thinking can result in more thoughtful and logical decisions.**





# IMPACT OF FAST AND SLOW THINKING

## Fast Thinking

**Fast thinking can lead to stress, anxiety, and burnout, causing negative impacts on mental and emotional health.**

## Slow Thinking

**Slow thinking can result in lethargy, apathy, and depression, causing negative impacts on mental and emotional health.**

## Achieving Balance

**Achieving a balance between fast and slow thinking can lead to improved mental and emotional health, helping individuals to be more productive and focused.**



# **TECHNIQUES FOR CALMING THE MIND**

**Mindfulness, meditation, and relaxation techniques are effective ways to calm the mind and reduce stress and anxiety. These practices can also improve focus and concentration, and enhance overall well-being.**

# **BREATH SPEED AND DEPTH**





# PHYSIOLOGY OF BREATHING

## Breathing and Oxygen/Carbon Dioxide Exchange

**Breathing is a fundamental physiological process that involves the exchange of oxygen and carbon dioxide in the body. It is essential for the survival of humans and most other animals.**

## Proper Breathing Technique

**Proper breathing technique can improve oxygenation, reduce stress, and enhance overall energy. Techniques such as diaphragmatic breathing and deep breathing can help to promote relaxation and improve respiratory function.**



# **CORRELATION BETWEEN BREATH AND STRESS**

## **Shallow Breathing**

**Shallow breathing can increase stress and anxiety by stimulating the sympathetic nervous system and causing physical symptoms like rapid heartbeat and shortness of breath.**

## **Deep Breathing**

**Deep breathing can reduce stress and promote relaxation by stimulating the parasympathetic nervous system and causing physical symptoms like slowed heart rate and increased oxygen flow.**



# **BREATHING EXERCISES FOR ENERGY BALANCE**

## **Diaphragmatic Breathing**

**Diaphragmatic breathing, also known as belly breathing, is a breathing exercise that helps promote relaxation and energy balance. It involves taking deep, slow breaths that fully expand the diaphragm and lower lungs.**

## **Alternate Nostril Breathing**

**Alternate nostril breathing is a breathing exercise that helps promote energy balance and relaxation. It involves breathing through one nostril at a time while using the thumb and finger to close off the other nostril.**

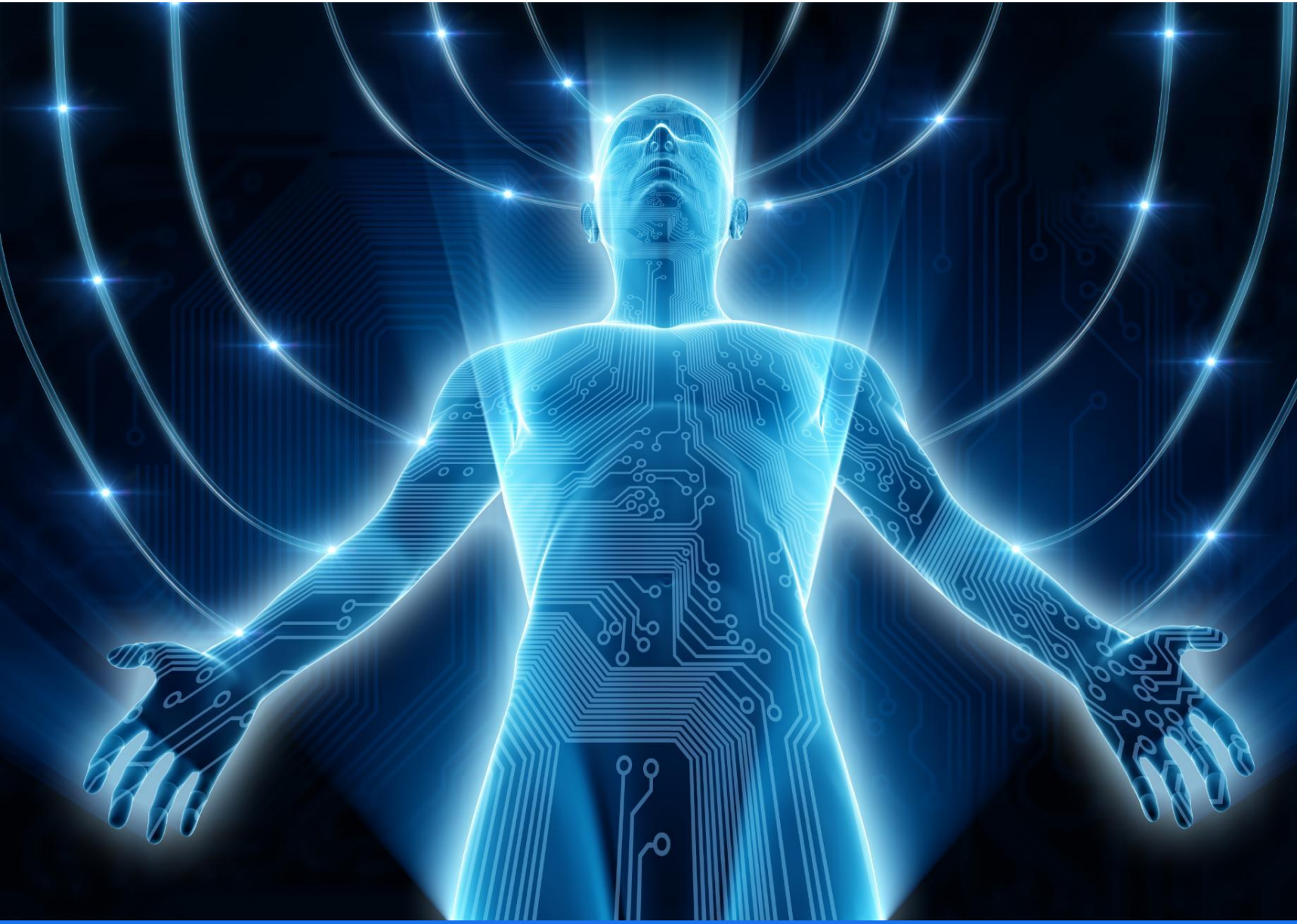




# **CORE PERSONAL ENERGY**







# **DEFINING CORE PERSONAL ENERGY**

**Core personal energy is the energy that fuels our body, mind, and spirit. It is the energy that keeps us motivated, focused, and balanced.**

# INTERPLAY WITH MENTAL AND PHYSICAL STATES

## Low Energy States

**Low energy states are closely linked to our mental and physical states, and can leave us feeling lethargic, unmotivated, and anxious.**

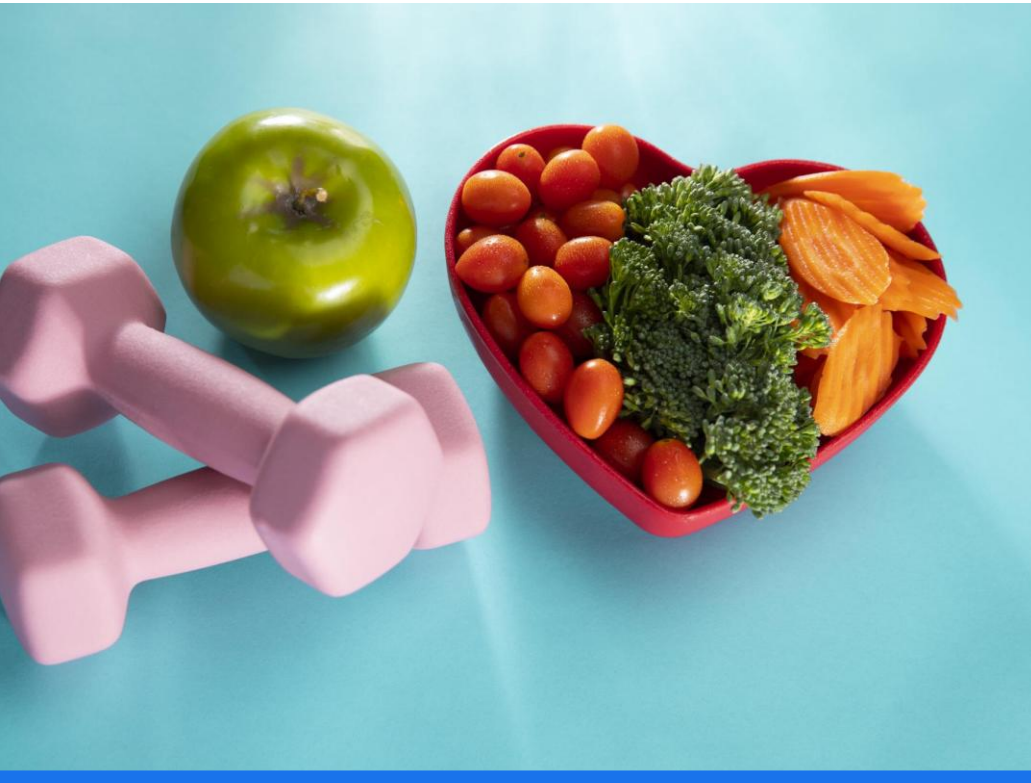
## High Energy States

**High energy states are closely linked to our mental and physical states, and can leave us feeling focused, motivated, and energized.**





# **METHODS TO ENHANCE PERSONAL ENERGY**



## **Physical Exercise**

**Physical exercise is an effective way to enhance personal energy and improve overall health and well-being. It can also help reduce stress and improve mental health.**

## **Healthy Eating**

**Healthy eating is another effective method to enhance personal energy and improve overall health and well-being. It can also help reduce the risk of chronic diseases, such as heart disease, diabetes, and obesity.**

## **Stress Reduction Techniques**

**Stress reduction techniques, such as meditation, yoga, and deep breathing, can help reduce stress and enhance personal energy. These techniques can also improve mental health and well-being.**

## **Energy Healing Practices**

**Energy healing practices, such as Reiki and acupuncture, can help enhance personal energy and improve overall health and well-being. These practices are based on the concept of energy flow within the body and can help balance the body's energy systems.**

# **INTERCONNECTIONS AND SYNERGY**





# **LINKING MIND SPEED AND BREATH DYNAMICS**

## **Interconnected Mind Speed and Breath Dynamics**

**The speed of the mind and breath dynamics are interconnected and can impact each other. Fast thinking can lead to shallow breathing, while slow thinking can result in deep breathing.**

## **Achieving Balance**

**Achieving a balance between mind speed and breath dynamics can lead to enhanced personal energy and well-being. Developing mindfulness and breathing techniques can help balance the two.**





# **COMBINED EFFECT ON PERSONAL ENERGY**

**Achieving a balance between the speed of the mind and breath dynamics can lead to enhanced personal energy and well-being, which may lead to increased productivity and focus.**



# **HOLISTIC PRACTICES FOR ENERGY EQUALIZATION**

**Holistic practices, such as yoga, tai chi, and qigong, focus on the connection between the body, mind, and spirit. They can help promote energy equalization, balance, and overall well-being.**

# **PRACTICAL APPLICATIONS AND TECHNIQUES**



# DAILY ROUTINES FOR MAINTAINING BALANCE

## Setting an Intention

**Setting an intention to balance energy can be a helpful daily routine to promote balance and harmony throughout the day. This can involve taking a few minutes in the morning to focus on your goals and intentions for the day.**

## Breathing Exercises

**Practicing breathing exercises can be an effective way to maintain balance and manage stress throughout the day. This can involve taking deep breaths, holding them briefly, and then exhaling slowly.**

## Physical Exercise or Yoga

**Engaging in physical exercise or yoga can be an effective way to promote balance and harmony throughout the day. This can involve taking a walk, doing stretching exercises, or practicing yoga poses.**





A photograph of a person sitting in a meditative pose (lotus or similar) in a vast, open field. The person is seen from behind, wearing a light-colored shirt. The field is green and yellow, with rolling hills in the background under a soft, hazy sky. The overall mood is peaceful and serene.

# **MINDFULNESS AND MEDITATION PRACTICES**

## **Benefits of Mindfulness and Meditation Practices**

**Mindfulness and meditation practices can help reduce stress and anxiety, improve focus and concentration, and enhance overall well-being. They have been shown to have positive effects on physical and mental health.**

## **Mindfulness Practices**

**Mindfulness practices involve paying attention to the present moment without judgment. Examples of mindfulness practices include mindfulness meditation, mindful breathing, and mindful eating.**

## **Meditation Practices**

**Meditation practices involve training the mind to focus and achieve a state of calm. Examples of meditation practices include focused attention meditation, loving-kindness meditation, and body scan meditation.**





# **ADOPTING A BALANCED LIFESTYLE**

## **Healthy Eating**

**Healthy eating is a crucial part of a balanced lifestyle. Eating a variety of nutrient-dense foods can help support physical health and mental well-being.**

## **Regular Exercise**

**Regular exercise is essential for maintaining physical fitness and overall health. It can also help reduce stress, anxiety, and depression.**

## **Stress Reduction**

**Stress reduction techniques, such as yoga, meditation, and deep breathing exercises, can help promote relaxation and reduce feelings of anxiety and stress.**

# CONCLUSION

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## **Principles of Energy Equalization**

**Personal energy equalization involves achieving a balance between the speed of the mind, breath, and core personal energy. This balance is essential for optimal physical, mental, and emotional function.**

## **Techniques to Achieve Balance**

**By understanding the principles of energy equalization, we can practice techniques to achieve balance. Examples include meditation, deep breathing, and yoga.**

# QUICK MOVEMENT BREAK - STANDING STRETCHES & MOVEMENTS



*KeenanWell*

A Keenan Solution

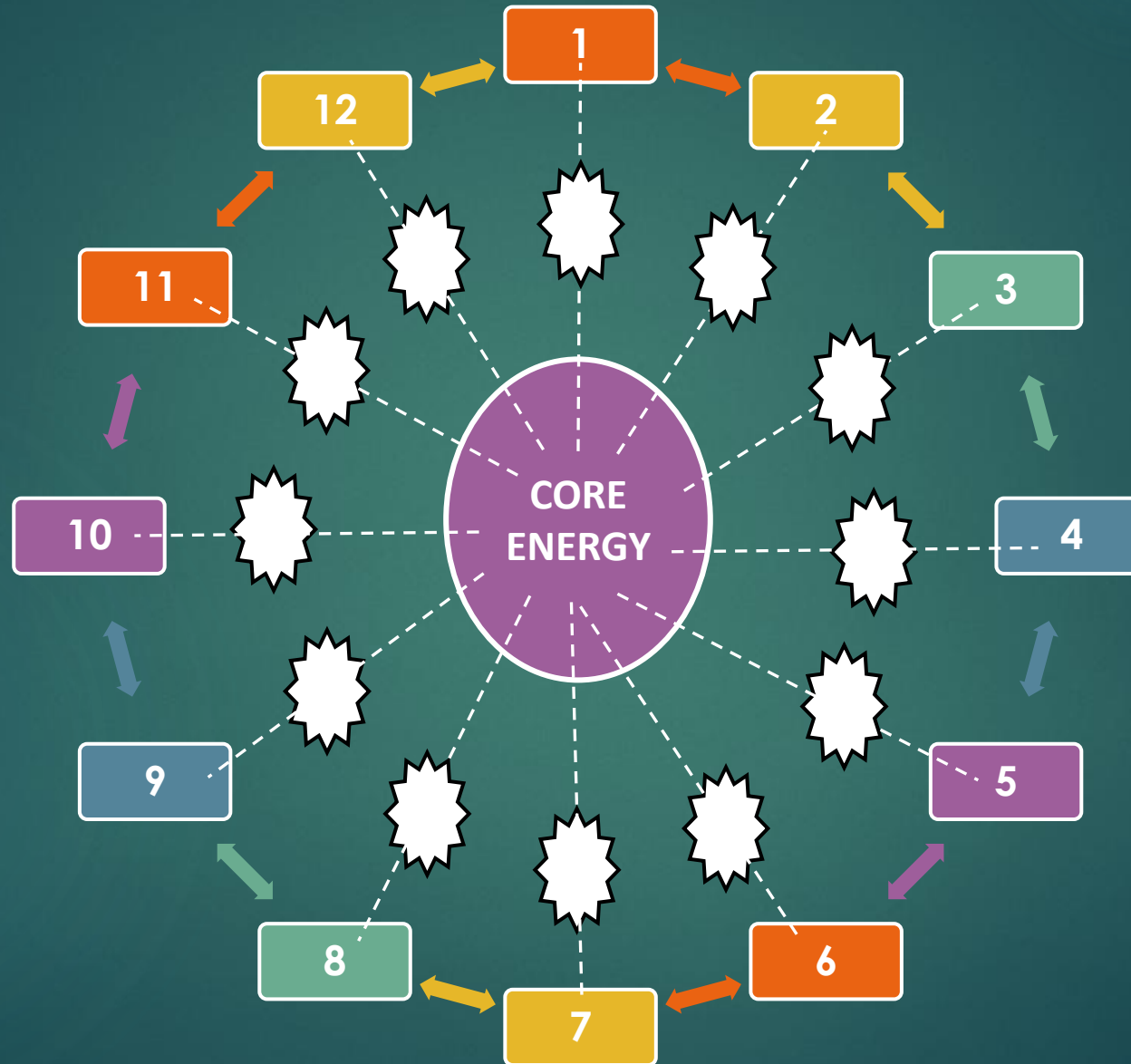
# OPEN WORKBOOK # 2

## (12 DIMENSION SELF-ASSESSMENT)



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# Goal: STATE OF COMPLETE BALANCE IN 12 DIMENSIONS OF LIFE





# 12 DIMENSIONS SELF-RATING BETWEEN 0 – 10

## **1 - MY CAREER (X)**

- Focuses on professional life and work-related goals
- Involves job satisfaction and career growth

## **2 - MY FINANCES (X)**

- Focuses on monetary aspects of life
- Involves income, expenses, savings, and investments

## **3 – MY PHYSICAL HEALTH (X)**

- Focuses on the body's health and wellness
- Involves fitness, nutrition, and overall wellbeing

## **4 – MY MENTAL HEALTH (X)**

- Focuses on psychological wellbeing
- Involves emotional and mental health, stress levels, and resilience

## **5 – MY FAMILY AND RELATIONSHIPS (X)**

- Focuses on interpersonal connections
- Involves family, friends, and significant others

## **6 – MY SOCIAL LIFE (X)**

- Focuses on social interactions and activities
- Involves participation in social events and networking

## **7 – MY PERSONAL DEVELOPMENT (X)**

- Focuses on self-improvement and growth
- Involves learning, skill development, and personal goals

## **8 – MY RELIGIOUS/SPIRITUAL LIFE (X)**

- Focuses on religious/spiritual beliefs and practices
- Involves purpose, meaning, and values in life

## **9 – MY RECREATION AND LEISURE (X)**

- Focuses on hobbies and interests
- Involves activities that bring enjoyment and relaxation

## **10 – MY ENVIRONMENT (X)**

- \* Focuses on physical surroundings and living conditions
- \* Involves home, neighborhood, and community

## **11 – MY CONTRIBUTION TO SOCIETY (X)**

- \* Focuses on giving back to the community
- \* Involves volunteer work, charitable activities, and community involvement

## **12 – MY LIFE VISION (X)**

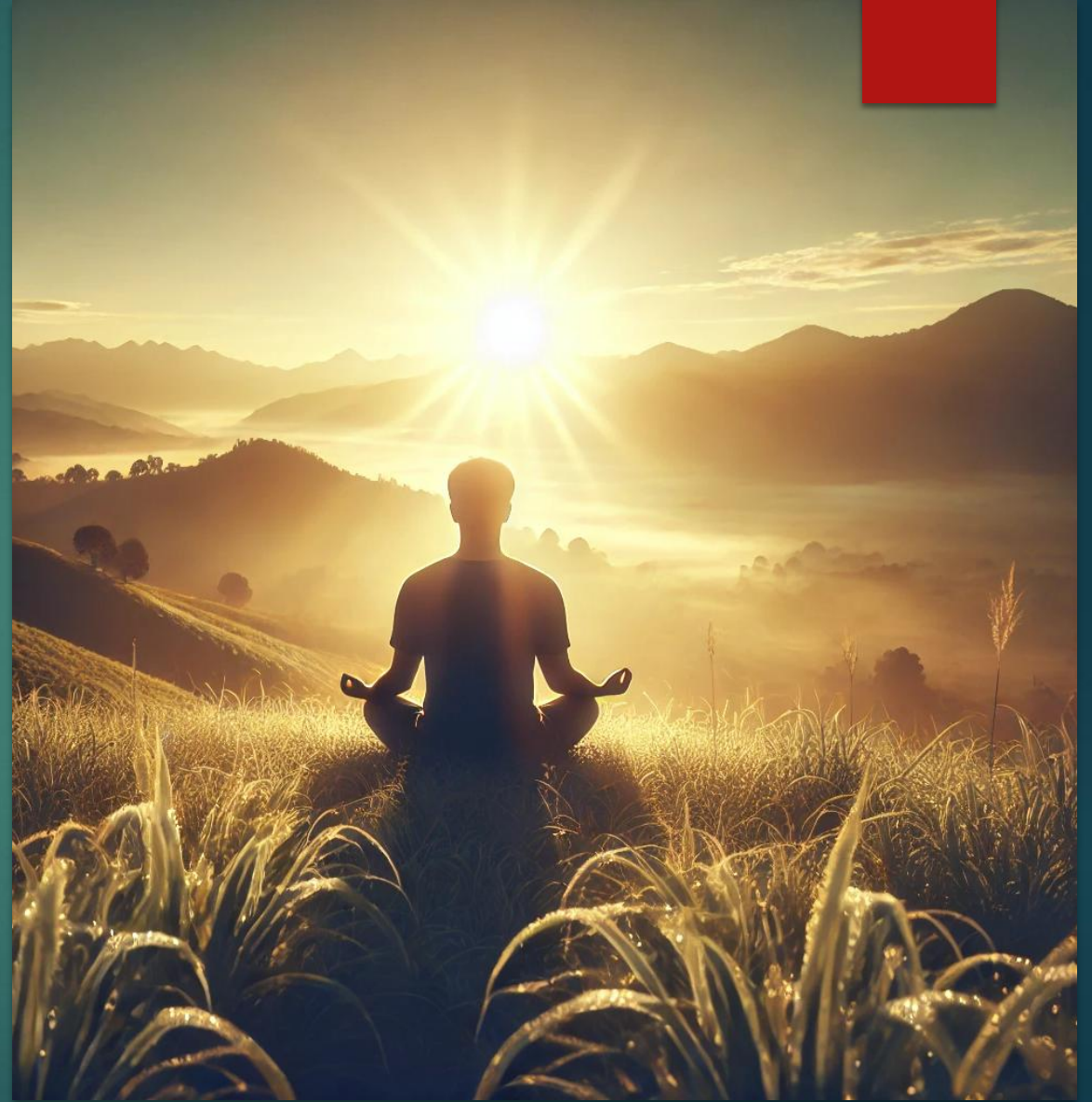
- \* Focuses on long-term goals and aspirations
- \* Involves envisioning the future and the legacy one wants to leave behind

# SELF-ASSESSMENT

- ▶ Kindly assess your current state on a scale from 0 to 10, where 10 signifies the highest and most optimal condition. Keep in mind that this rating should be based on your own perspective, and it's essential to be sincere, candid, and truthful with yourself.

## **PRINCIPLE # 46 – REGULAR MEDITATION PRACTICES**

This principle emphasizes the cultivation of a consistent meditation routine to enhance self-awareness, mental clarity, and inner peace. It advocates daily engagement in meditative techniques as a tool for personal transformation and stress reduction. This principle highlights the role of regularity in deepening mindfulness, improving emotional balance, and fostering spiritual growth.



Presentation by Sachin Karnik

# CULTIVATING MEDITATION

November - 2024



# Introduction to Meditation

## Understanding Meditation Basics

Meditation is a practice where an individual uses techniques, such as mindfulness or focusing the mind on a particular object or thought, to train attention and awareness. It signifies the journey towards a deeper understanding of oneself and enhancing overall well-being. Importance of meditation is demonstrated through its ability to reduce stress and bring mental clarity to our busy lives.



# Benefits Overview

## Mental Benefits

Regular meditation can improve concentration and focus, leading to increased productivity. It also aids in reducing mental clutter, helping individuals think more clearly and effectively.



## Emotional Benefits

Practicing meditation allows individuals to process emotions better, fostering resilience and emotional intelligence. It can lead to decreased negative emotions and an enhanced mood.

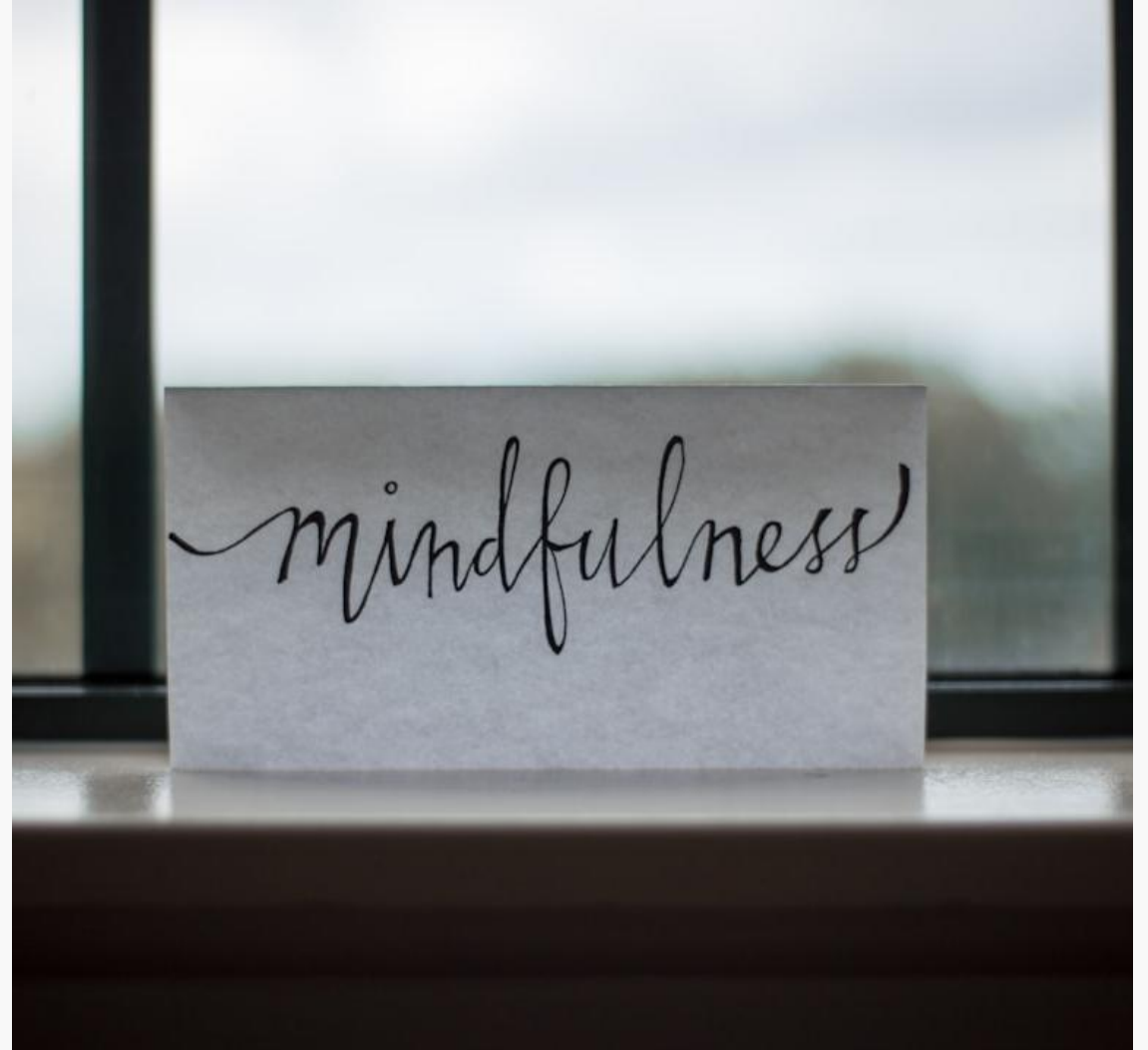
## Spiritual Benefits

Meditation often results in a heightened sense of spiritual awareness, offering individuals a deeper connection to the world and a sense of peace and fulfillment.

# Daily Routine Importance

## Significance of Consistency

Consistency in meditation enhances its effectiveness in fostering mindfulness and emotional balance. Regular practice, even if for short durations, solidifies the habit, making it a crucial element in a daily routine. Integrating meditation in daily activities can result in long-term mental and emotional benefits.



# Techniques and Practices

## Mindfulness Meditation

Focuses on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment, harnessing mindfulness for stress alleviation.



## Guided Meditation

Involves listening to a guide who leads you through the practice, often incorporating visualization and storytelling, enhancing comprehension and relaxation.

## Transcendental Meditation

This practice uses a mantra or series of words that are repeated in a specific way to settle the body into a state of profound rest, balancing mind and body.

# Mindfulness Skills



## Improving Awareness

By cultivating mindfulness, individuals increase their self-awareness, allowing them to recognize patterns in thoughts and behaviors. This improved awareness fosters conscious decision-making and intentional living.

## Enhancing Attention Span

Meditation trains the brain to be more focused for longer periods. Such exercises help in maintaining attention and resisting distractions, crucial in modern multitasking environments.



# Emotional Balance

The table presents techniques that lead to emotional stability. Techniques such as breathing exercises have calming effects, body scan enhances self-compassion, and loving-kindness fosters empathy.

MEDITATION TECHNIQUE	IMPACT ON EMOTIONS
Breathing Exercises	Calms the mind, reduces anxiety
Body Scan	Increases self-compassion and acceptance
Loving-kindness	Enhances empathy and love towards self and others

## Achieving Relaxation

Through meditation, individuals experience relaxation response, characterized by slower breathing, lower blood pressure, and a sense of calm, reversing stress-induced physiological responses.

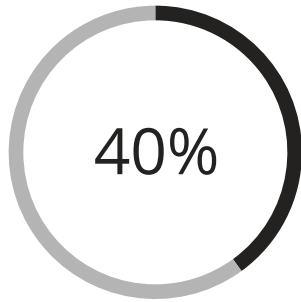


# Stress Reduction

## Managing Anxiety

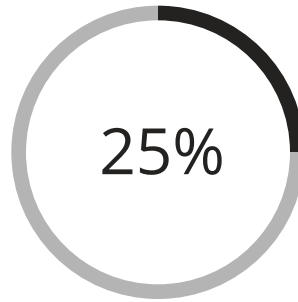
Meditation helps in managing anxiety by setting time aside to clear the mind. Regular practice decreases the levels of stress hormones like cortisol in the body, promoting relaxation.

# Statistical Insights



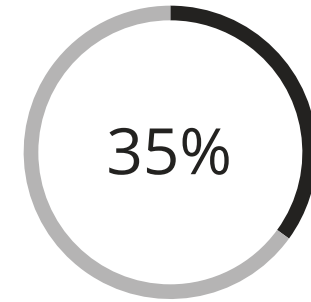
## Enhancement of Sleep Quality

Meditation users report a 40% reduction in anxiety levels, demonstrating its effectiveness in mitigating anxious thoughts and promoting calmness.



## Decrease in Anxiety

25% of individuals experience improved sleep quality post-meditation, attributed to the decrease in stress and relaxation promotion.



## Boost in Emotional Well-being

35% of practitioners notice enhanced emotional health, leading to improved mood, reduced stress levels, and more balanced emotions overall.

# Personal Transformation



## Role in Self-Development

Meditation acts as a mirror to the self, allowing individuals to recognize aspects of their personality and behaviors. This self-awareness is fundamental for personal transformation and growth. Regular practitioners often experience renewed perspectives and a deeper understanding of their life purpose.





# Spiritual Growth

## Fostering Spiritual Awareness

Consistent meditative practice opens pathways to spiritual growth. It allows individuals to explore deeper levels of consciousness, leading to transcendent experiences that foster an understanding of the interconnectedness of life. Spiritual meditation enhances inner peace and fosters a sense of harmony with the universe.



# Building Consistency

## Creating a Habit

Setting a fixed time each day for meditation helps in making it a habitual practice. Consistent timing reinforces the routine, making it a non-negotiable part of daily schedules.



## Using Triggers

Incorporating specific routines or environments as triggers for meditation encourages consistency. For instance, meditating after brushing teeth or in a designated space creates a reliable cue.

# Common Challenges

## Lack of Time

Distractions are a significant challenge in maintaining focus during meditation. Strategies like returning focus to the breath can help in refocusing attention when thoughts wander.

## Dealing with Distractions

Many find it challenging to allocate time for meditation. Prioritizing short sessions and integrating mindfulness into daily activities can minimize the impact of time constraints.





# Incorporating Technology

## Utilizing Apps and Tools

With the technological advancements, various apps like Headspace and Calm provide guided meditations, making it easier for individuals to practice consistently. These digital tools offer reminders, track progress, and even suggest personalized meditative practices. Technology serves as a supportive mechanism in maintaining a structured meditation routine.



# Impactful Case Studies

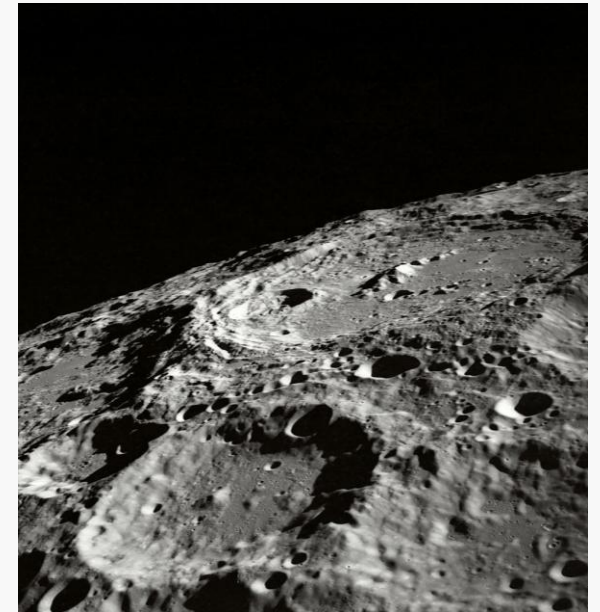
Case studies highlight meditation's transformative power. Daily meditations led John to better focus and stress relief, while Emily's work integration improved her productivity.

CASE STUDY	SUMMARY	OUTCOME
John's Journey	Daily meditation for 6 months	Improved focus and decreased stress
Emily's Transformation	Incorporated mindfulness at work	Enhanced productivity and emotional intelligence
Group Experiences	Monthly meditation workshops	Community building and shared growth

# Creating a Peaceful Space

## Designing the Perfect Environment

A conducive meditative space should be clutter-free and calming. Elements like candles, soothing music, or natural light enhance the ambiance. Creating a dedicated space triggers a meditative state more naturally, making it effortless to transition into mindfulness practices. Ensuring privacy and comfort in this space aids uninterrupted focus.





# Routine Personalization

## Tailoring Meditation Practices

Personalizing meditation involves aligning practices with individual preferences and goals. Different techniques resonate with different personalities, and modifying duration, style, or settings can enhance the experience. Personalization ensures that meditation remains relevant and engaging, sustaining long-term interest and effectiveness.

# Monitoring Progress



## Using Progress Trackers

Apps and digital tools that offer meditation tracking can provide quantitative progress insights. These tools help monitor time spent, consistency, and improvements in particular areas.

## Journaling Experiences

Keeping a meditation journal can help track progress and reflect on emotions and thoughts during practice. Regular entries provide insight into growth and identify patterns or changes over time.



# Summary and Encouragement

## Emphasizing Daily Practice

Daily meditation fosters mindfulness, emotional balance, and spiritual growth, essential for well-being. Encouragement towards maintaining a routine emphasizes its transformative benefits, bridging the gap between temporary relief and permanent personal growth.



**PUT MONEY IN  
THE ENVELOP  
(VITAMIN M)**



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# The VITAMIN 'M' Envelope

## PRACTICAL EXERCISE: VITAMIN 'M' ENVELOPE

- Regularly contribute a fixed amount of money to a designated envelope.
- Spend 10% of the accumulated amount in a way that brings joy and benefits others, without abuse or misuse.
- This exercise promotes conscious spending and generosity.





# USE 10% OF YOUR SAVED MONEY

- ▶ Allocate 10% of your savings this week to a meaningful cause or investment, ensuring that every cent is utilized judiciously and responsibly, without any misuse or abuse.

# HOMEWORK EXERCISE



Please write 3 paragraphs  
on:



How, where, when, and  
why am I activating my  
personal energy this week?



# NEVER GIVE UP



Fearless **Soul**