

ANGEL WING'S ONLINE PERSONAL TRANSFORMATION PROGRAM

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

Developed by: The Angel Wing, LLC

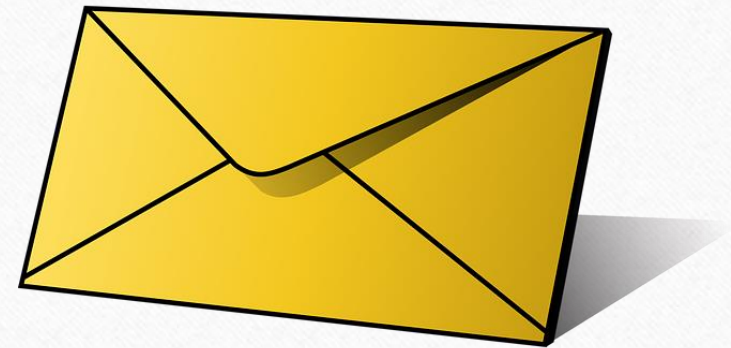
Presented by: Angel Wing Presenters

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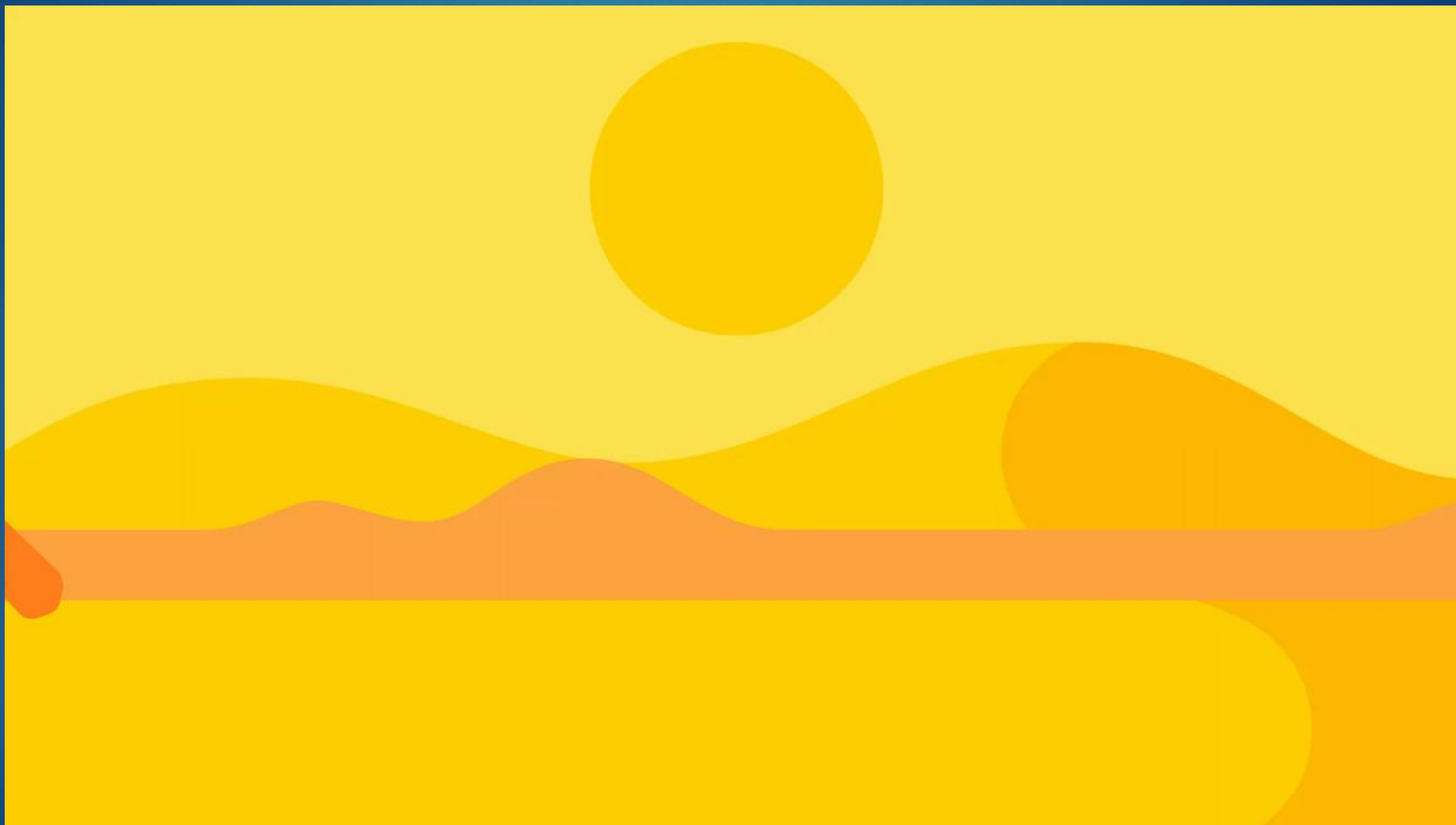
MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



**ONE BLANK
CARD PER
WEEK**



GROUNDING MEDITATION EXERCISE



WEEK # 10
ONLINE WORKSHOP BEGINS
NOW...

QUICK REVIEW FROM WEEK # 9

PRINCIPLE # 9 – WHOLENESS

- **Wholeness means looking at all parts of a person's life as linked together - their body, feelings, thoughts, and spirit. It's the idea that for someone to be truly healthy and grow as a person, they need to have balance and harmony across these different parts of their life.**



**WEEK# 9 HOMEWORK
DID YOU DO IT?**

QUICK REVIEW OF CENTRAL CONCEPT (7 POINTS)



LET'S BREAK IT DOWN

(Verbal Exercise)

**(Workbook # 1:
Written Exercise)**

*** I AGREE**

*** I DISAGREE**

*** I PARTIALLY AGREE**

*** I AM NOT SURE**

*** I DON'T UNDERSTAND**

1) Human mind is characterized by intricate workings and endless complexities (___)

2) Mind requires substantial energy to function (___)

3) Energy can be drained by personal conflicts, both internal and external (___)

4) Steps can be taken to reduce and eliminate unnecessary energy dissipation (___)

5) Revitalized energy permeates every aspect of life, including the 12 dimensions (___)

6) **Unobstructed and undisturbed energy flow creates a powerful foundation for limitless possibilities (___)**

7) Energy Flow: Allows for the realization of potential in various aspects of life (___)

~ WRITE THE FOLLOWING SENTENCE IN YOUR WORKBOOK # 1

UNOBSTRUCTED AND UNDISTURBED ENERGY FLOW CREATES A POWERFUL FOUNDATION FOR LIMITLESS POSSIBILITIES

- Concept of Energy Flow: In many philosophies and sciences like physics, biology, and even metaphysics, energy flow refers to the continuous movement and exchange of energy from one system or object to another. It's like how sunlight (energy) is absorbed by plants (a system) in photosynthesis, or how electricity (energy) moves from an outlet (a system) to power a laptop.
- Personal Energy Flow: Just like in the examples above, we can also apply the concept of energy flow to our own bodies and minds. Think about your "energy" as your ability to think, create, and act. If this personal energy flows smoothly, without any blocks (like stress or negative thoughts), and isn't disturbed (by distractions or interruptions), then it forms a strong foundation for you to perform at your best. This means you could potentially do anything you set your mind to - study better, create amazing art, excel at sports, and much more! That's the power of having an unobstructed and undisturbed energy flow.

MAPPING YOUR PERSONAL ENERGY FLOW: A CREATIVE VISUALIZATION EXERCISE



MATERIALS:



**PAPER (A4 SIZE OR
LARGER)**



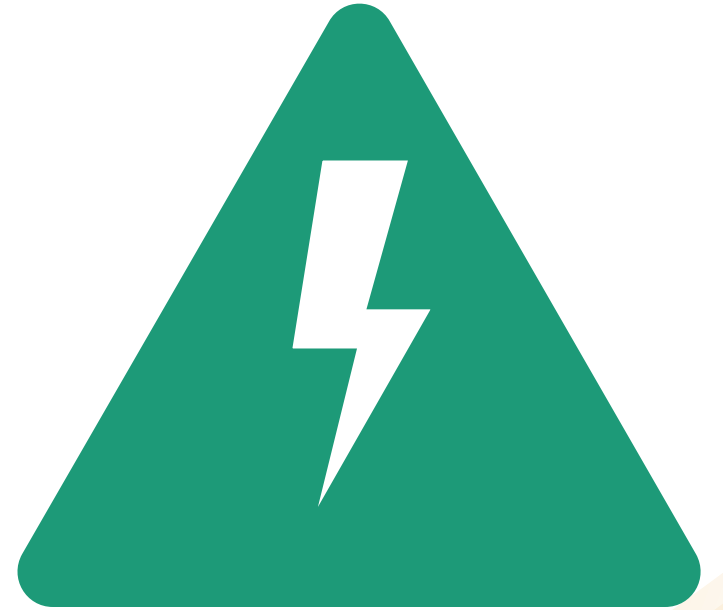
**COLORED PENCILS
OR MARKERS**

UNOBSTRUCTED ENERGY FLOW

- **When energy flows freely, without any blockages, it is termed as "unobstructed". For example, in an electrical circuit, if there's no break or resistance, electricity will flow smoothly. Similarly, in a human body, a healthy circulatory system allows unobstructed flow of blood, which carries energy in the form of nutrients and oxygen to all cells.**

5 KEY POINTS

- 1. Energy as a Personal Resource:** Think of your personal energy as a resource that powers all your activities. Just like electricity in a circuit, you need energy to think, create, learn, play sports, and even socialize with friends.
- 2. Understanding Unobstructed Energy Flow:** When we say that energy is "unobstructed", we mean that it is able to move freely, without any blocks or hindrances. Imagine a river flowing smoothly without any rocks or debris in its way – that's unobstructed energy flow.
- 3. Blocks in Personal Energy Flow:** Sometimes, our personal energy flow can get blocked. This can happen due to things like stress, negative thoughts, lack of sleep, or an unhealthy lifestyle. These blocks can make us feel tired, distracted, or unable to do our best.
- 4. Benefits of Unobstructed Energy Flow:** When our personal energy flow is unobstructed, we feel more energetic, alert, and ready to take on challenges. This is similar to how a healthy circulatory system in the body ensures all cells get the necessary nutrients and oxygen, keeping us healthy.
- 5. Achieving Unobstructed Energy Flow:** We can help keep our energy flow unobstructed by taking care of ourselves. This includes having a positive mindset, getting enough sleep, eating healthy, staying active, and taking time to relax and recharge. By doing these things, we're removing the "blocks" in our personal energy "circuit", allowing our energy to flow freely.



ILLUSTRATING YOUR ENERGY CIRCUIT

Materials:

- Paper
- Pencils, colored pencils or markers





ILLUSTRATING MY ENERGY CIRCUIT

(ONLINE EXERCISE AND HOMEWORK EXERCISE FOR WEEK # 10)

Draw Your Energy Circuit: Begin by drawing a large circle to represent your "Energy Circuit." Inside the circle, sketch a smaller circle to symbolize yourself.



Illustrate Activities: Around the smaller circle, draw symbols or small pictures to represent the different activities that your energy powers. This could include a book for studying, a soccer ball for sports, a music note for playing an instrument, etc.



Identify and Draw Blocks: Now think about what might block your personal energy flow. Draw these as obstacles or barriers on the lines connecting you to your activities. They might be represented by storm clouds for stress, a bed for lack of sleep, junk food for unhealthy eating habits, etc.



Highlight Unobstructed Flow Paths: Identify activities where you feel your energy flows freely and color or highlight these paths brightly. This could be activities where you feel most alert, engaged, and productive.



Add Solutions: Next, brainstorm ways you can remove these blocks or obstacles to achieve unobstructed energy flow. For instance, a pillow for getting more sleep, an apple for healthier eating habits, or a smiley face for maintaining a positive attitude. Draw these next to the corresponding blocks.



Reflect on the Drawing: Finally, look at your drawing and reflect on the different paths of energy, the blocks you've identified, and the solutions you've thought of. This visual representation can help you better understand your energy flow and how you can manage it effectively.



Take a step back and look at all three of your drawings. Reflect on the journey from your current state, through your planned changes, to your desired state of well-being.



This exercise is not only a method of expressing your feelings and thoughts but can also help you clarify your understanding of your personal energy flow and identify tangible steps towards improving your personal well-being.



Here's the picture that illustrates various blocks to your personal energy flow. You'll see obstacles like storm clouds, a bed, and junk food depicted on the lines connecting you to your activities, representing stress, lack of sleep, and unhealthy eating habits, respectively.



Here's the picture that highlights the unobstructed energy flow paths. The brightly colored paths illustrate where your energy flows freely, indicating activities where you feel most alert, engaged, and productive.



Here's the picture that adds solutions to remove the blocks or obstacles, paving the way for an unobstructed energy flow. You'll see symbols like a pillow, an apple, and a smiley face, each placed next to their corresponding obstacles, representing practical steps to overcome these challenges.



Here are the images that encapsulate the entire process of reflecting on your Energy Circuit drawing. They visually represent the paths of energy, the identified blocks and obstacles, along with the solutions, all designed to aid in understanding and effectively managing your energy flow.



HARMONIOUS MINDSTREAM: THE PATH TO SEAMLESS THOUGHT ENERGY

Undisturbed Energy Flow

Undisturbed energy flow means that there are no disruptions or changes in the pathway of the energy. For example, in a stream of water flowing downhill, if there are no rocks or obstacles, the water will flow steadily and undisturbed. In the context of thought energy, a clear and focused mind can lead to undisturbed energy flow, allowing one to fully engage in a task without distractions.



UNLEASHING POTENTIAL: THE IMPACT OF UNOBSTRUCTED ENERGY FLOW ON PERFORMANCE AND LEARNING

- **Powerful Foundation:** When energy flow is both unobstructed and undisturbed, it creates a strong, stable base or foundation. This is important in many aspects of life. For instance, an athlete needs a healthy, obstruction-free circulatory system (powerful foundation) to perform at their peak level. Similarly, a student with a clear and focused mind (undisturbed energy flow) can learn and understand new concepts better.

POWERFUL FOUNDATION & POSITIVE PSYCHOLOGY

- **When discussing personal energy in the context of positive psychology, the concept of a "Powerful Foundation" is pivotal. This idea underlines the necessity of an unobstructed and undisturbed flow of energy for optimal functioning and well-being. Here are three examples illustrating this principle in everyday life:**

WORKPLACE PRODUCTIVITY

- **Workplace Productivity:** Consider a professional working in a high-stress environment. An unobstructed flow of energy, facilitated by a balanced diet, regular physical activity, and sufficient rest, combined with an undisturbed mental state achieved through mindfulness practices and effective time management, creates a powerful foundation. This foundation allows for heightened concentration, creativity, and resilience, enabling the professional to excel in their tasks and handle challenges more effectively.

EMOTIONAL WELL-BEING

- **Emotional Well-being:** In the realm of emotional health, a powerful foundation is established through practices that ensure both physical and emotional energy flows are unobstructed and undisturbed. Techniques such as emotional regulation through therapy or meditation, alongside physical self-care routines, foster a stable emotional base. This stability supports an individual's ability to maintain positive relationships, manage stress, and navigate life's ups and downs with a sense of calm and resilience.

CREATIVE ENDEAVORS

- **Creative Endeavors:** Artists, writers, and creators benefit immensely from a powerful foundation for their creative energy. An unobstructed flow, ensured by a supportive environment free of distractions and negativity, along with an undisturbed flow facilitated by a clear, focused mind, primes the individual for creative insights and breakthroughs. This foundation not only enhances the quality of the creative output but also contributes to a sustainable creative process, preventing burnout and fostering continuous growth and exploration.

NURTURING BOTH THE PHYSICAL AND PSYCHOLOGICAL ASPECTS

- These examples underscore the importance of nurturing both the physical and psychological aspects of one's energy flow to build a powerful foundation, thereby enhancing overall performance, well-being, and fulfillment across various aspects of life.

LIMITLESS POSSIBILITIES

- **Limitless Possibilities:** This powerful foundation of unobstructed and undisturbed energy flow can pave the way for endless opportunities and possibilities. In terms of personal development, when our mental and physical energy flows smoothly, we can achieve greater creativity, productivity, and overall well-being. When applied to technology or science, unobstructed and undisturbed energy flow can lead to innovations and breakthroughs. For example, efficient energy transfer in machines or systems can enhance their performance and open up new possibilities for their application.

QUICK MOVEMENT BREAK - STANDING STRETCHES & MOVEMENTS



OPEN WORKBOOK # 2 (12 DIMENSION SELF-ASSESSMENT)



12 DIMENSIONS

DIMENSION # 1 - Career: This area relates to your professional life, including your job, career aspirations, and work-related goals.

DIMENSION # 2 – Finances: This area relates to your financial situation, including your income, expenses, savings, and investments.

DIMENSION # 3 -Physical health: This area relates to your physical wellbeing, including your fitness level, nutrition, and overall health

DIMENSION # 4 - Mental health: This area relates to your psychological wellbeing, including your emotional and mental health, stress levels, and resilience.

DIMENSION # 5 - Family and relationships: This area relates to your relationships with family members, friends, and significant others.

DIMENSION # 6 - Social life: This area relates to your social interactions and connections, including your participation in social activities and events.

DIMENSION # 7 Personal development: This area relates to your personal growth and self-improvement, including your learning, skills development, and personal goals.

DIMENSION # 8 - Spiritual life: This area relates to your spiritual beliefs, practices, and values, and your sense of purpose and meaning in life.

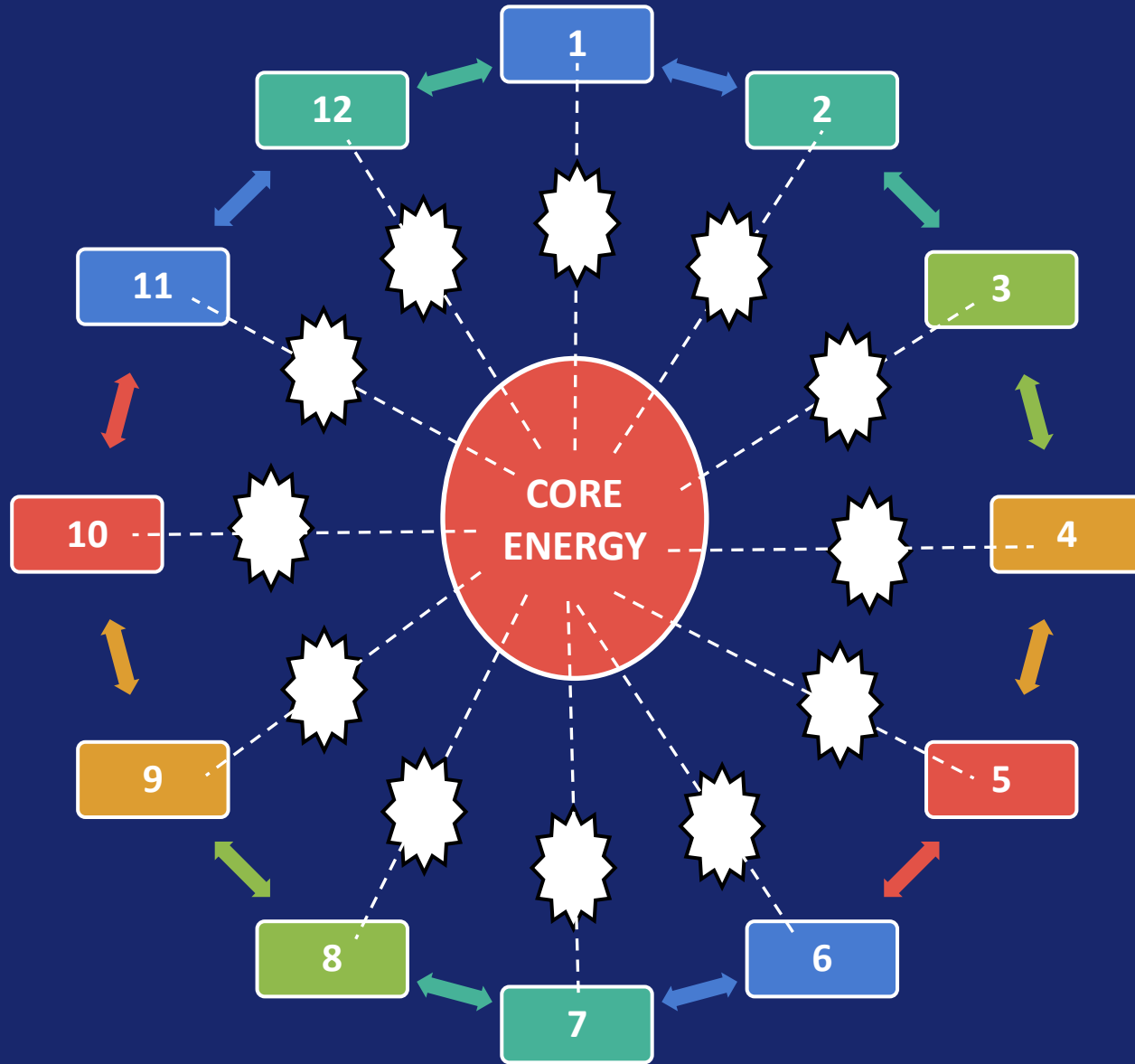
DIMENSION # 9 Recreation and leisure: This area relates to your hobbies, interests, and recreational activities.

DIMENSION # 10 - Environment: This area relates to your physical surroundings and living conditions, including your home, neighborhood, and community.

DIMENSION # 11 Contribution to society: This area relates to your contribution to society, including volunteer work, charitable activities, and community involvement.

DIMENSION # 12 - Life vision: This area relates to your overarching life goals and aspirations, including your vision for your future and the legacy you want to leave behind.

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)

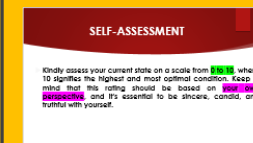
- * Focuses on physical surroundings and living conditions
- * Involves home, neighborhood, and community

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.

ON PAGE ONE OF WORKBOOK # 2, WRITE:

12 DIMENSIONS
(WRITE TODAY'S DATE)

SELECT A SELF-ASSESSMENT NUMBER

- 0 = Worst possible current situation with regards to career
- 10 = Highest levels of career development and satisfaction. There is nothing further to accomplish...
- Please select a number that is the most accurate self-assessment as of right now. You can give 5, 5.5, 5.25 etc.
- This is **YOUR OWN** assessment

WRITE SPECIFIC STEPS TO BE TAKEN... (REVIEW OF HOMEWORK – WEEK # 10)

- FROM WEEK 3: In Workbook #2, write 1 to 12. (Put today's date). Write one simple sentence, from your own perspective, a sentence about how to increase each self-assessment number and to prevent the decrease of each number. (Let's do this one at a time.)

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -
- 6 -
- 7 -
- 8 -
- 9 -
- 10 -
- 11 -
- 12 -



ADD ALL THE NUMBERS TOGETHER

1 – (5)

2 – (4)

3 – (7)

4 – (6)

5 – (8)

6 – (3)

7 – (4)

8 – (7)

9 – (9)

10 – (2)

11 – (4)

12 – (5)

Total: 64

**MAXIMUM
TOTAL = 120
(GOAL: 84 OR
MORE, WEEK TO
WEEK = 70%
LEVEL OF
BALANCE)**

DOWNWARD STEPS	ORIGINAL VALUE	10% REDUCTION	NEW VALUE
0	120	12	108
1	108	11	97
2	97	10	87
3	87	9	77
4	79	8	71
5	71	7	64
6	64	6	57
7	57	5.7	52
8	52	5.1	46
9	46	4.6	42
10	42	4.1	38
11	38	3.7	34
12	34	3.4	31
13	31	3.1	27
14	27	2.7	25
15	25	2.5	22
16	22	2.2	20
17	20	2.0	18
18	18	1.8	16
19	16	1.6	14
20	15	1.5	13

WRITE SPECIFIC STEPS TO BE TAKEN... (WEEK # 9: HOMEWORK)

- In **Workbook #2**, write 1 to 12. (Put today's date). Write one simple sentence, from your own perspective, a sentence about how to increase each self-assessment number and to prevent the decrease of each number. (By the end of tomorrow, write these sentences and apply in the week.)

1 -
2 -
3 -
4 -
5 -
6 -
7 -
8 -
9 -
10 -
11 -
12 -



WEEKLY TRACKING WORKSHEET

Date of Completion: _____

Instructions: For each dimension, rate your self-assessment on a scale of 0 to 10 (0 being a completely low level and 10 being the highest possible level).

Dimensions:	Rating (0-10)
1. Career	
2. Finances	
3. Physical Health	
4. Mental Health	
5. Family and Relationships	
6. Social Life	
7. Personal Development	
8. Spiritual Life	
9. Recreation and Leisure	
10. Environment	
11. Contribution to Society	
12. Life Vision	

12 DIMENSIONS - TRACKING SHEET

	WEEK # 1	WEEK # 2	WEEK # 3	WEEK # 4	WEEK # 5
<u>Dimensions</u>	Rating (0-10)	Rating (0-10)	Rating (0-10)	Rating (0-10)	Rating (0-10)
1. Career					
2. Finances					
3. Physical Health					
4. Mental Health					
5. Family and Relationships					
6. Social Life					
7. Personal Development					
8. Spiritual Life					
9. Recreation and Leisure					
10. Environment					
11. Contribution to Society					
12. Life Vision					
WEEKLY TOTAL:	0	0	0	0	0



**DIMENSION # 5:
FAMILY & RELATIONSHIPS**

DIMENSION # 5

Family and relationships: This area relates to your relationships with family members, friends, and significant others.

**THE FAMILY TREE (ONLINE)
DRAWING EXERCISE
(HOMEWORK – WEEK # 10)**

- **Objective:** This exercise is designed to visualize family structure and relationships, encouraging reflection on the dynamics and connections within our family.



MATERIALS NEEDED:



Large sheet of paper



Colored pens or pencils



Markers



Sticky notes (optional)

INSTRUCTIONS:

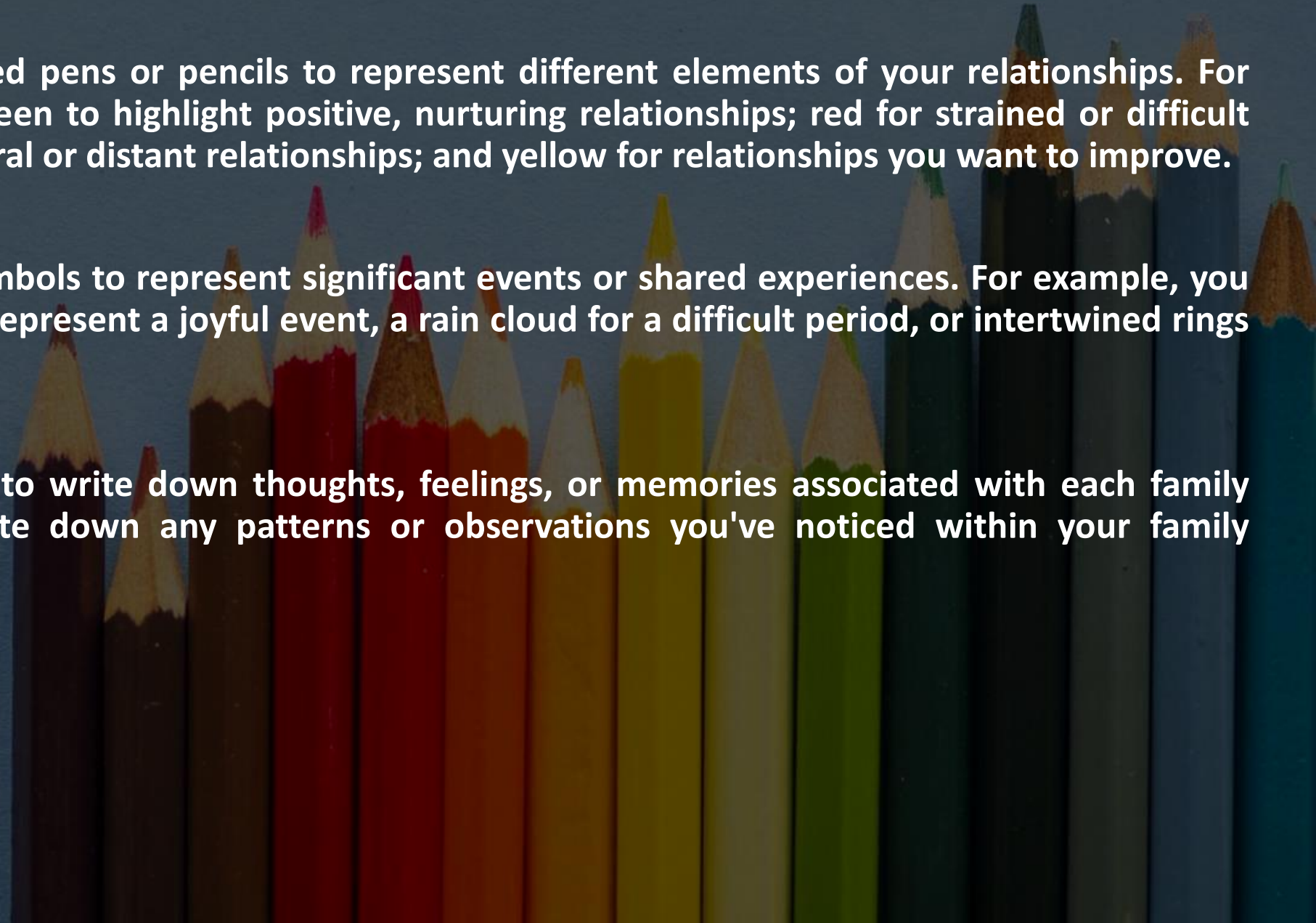
- 1. Draw Your Family Tree:** Start by drawing a tree on the large sheet of paper. The tree's roots will represent the oldest known generation of your family (grandparents or great-grandparents), and each subsequent branch will represent the next generation (parents, you, your siblings, your children, etc.).
- 2. Add Family Members:** Write each family member's name on the tree according to their generation and lineage. You can represent each family member as a leaf on the tree.
- 3. Add Significant Dates:** If you know them, write down significant dates (births, deaths, marriages, etc.) next to each person's name.



4. Color-Coding: Use colored pens or pencils to represent different elements of your relationships. For example, you might use green to highlight positive, nurturing relationships; red for strained or difficult relationships; blue for neutral or distant relationships; and yellow for relationships you want to improve.

5. Symbols: Incorporate symbols to represent significant events or shared experiences. For example, you might draw a small star to represent a joyful event, a rain cloud for a difficult period, or intertwined rings for a marriage.

6. Notes: Use sticky notes to write down thoughts, feelings, or memories associated with each family member. You can also note down any patterns or observations you've noticed within your family dynamics.



REFLECTION:

After completing the drawing exercise, take some time to reflect on your family tree.

HOMEWORK QUESTIONS (WEEK# 10)

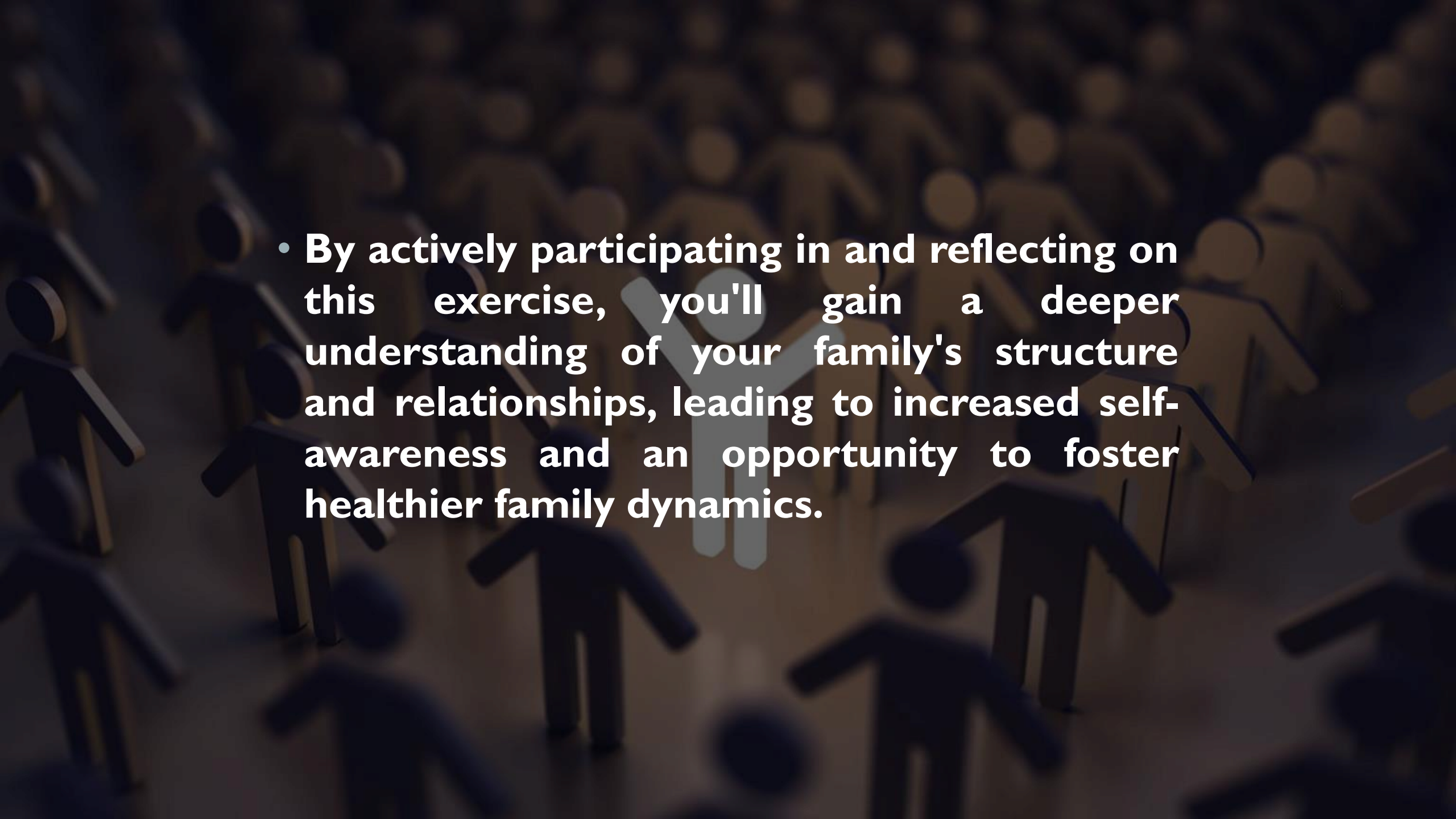
What patterns or dynamics do I observe?

What relationships are strong and positive? Which ones need improvement?

Are there any surprising discoveries or insights about MY family structure?

How do these relationships and dynamics impact MY life and wellbeing?

What steps can I take to improve, maintain, or change these relationships?

- 
- **By actively participating in and reflecting on this exercise, you'll gain a deeper understanding of your family's structure and relationships, leading to increased self-awareness and an opportunity to foster healthier family dynamics.**

PRINCIPLE # 10 – ATTENTION

- **Attention is a fundamental cognitive process that enables individuals to selectively focus on specific aspects of their internal or external environment while filtering out irrelevant information. The ability to effectively manage one's attention is crucial for personal growth, as it allows individuals to engage fully with their experiences, maintain focus on their goals, and navigate complex social situations.**



SENTENCE COMPLETION EXERCISE (HOMEWORK – WEEK # 10)

- Attention is a basic _____ process that helps people to _____ on certain details in their environment, while ignoring unnecessary information.
- This process allows us to choose and concentrate on _____ parts of our inner thoughts or the world around us.
- The ability to manage our attention effectively is important for _____ as it lets us fully participate in our experiences.
- By controlling our attention, we can stay focused on our _____, and handle challenging social situations.
- Paying attention to the right things at the right time helps us grow as individuals and navigate _____ situations effectively.



SENTENCE COMPLETION EXERCISE

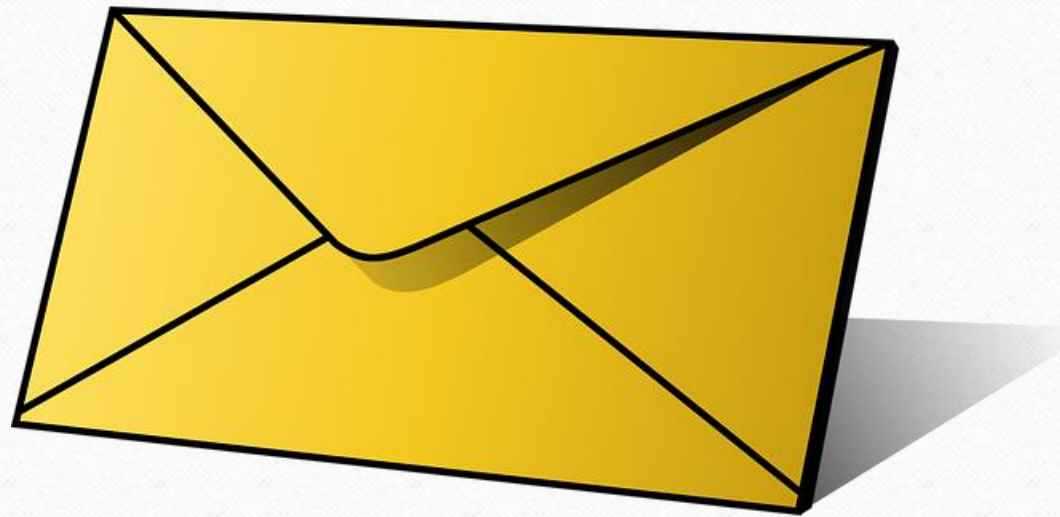
- When we are able to manage our attention effectively, it allows us to engage _____ with our experiences.
- Good attention management is crucial for maintaining focus on our _____.
- By filtering out irrelevant information, we can concentrate better on the specific aspects of our internal or external _____.
- Attention management is not only important for personal growth, but also helps in _____ complex social situations.
- One's attention allows individuals to _____ fully with their experiences, maintain focus on their goals, and handle tricky social interactions.

CENTRAL CONCEPT OF PERSONAL TRANSFORMATION

WEEK 4 HOMEWORK: 3x5 card – read ONCE daily

The human mind, with its intricate workings and endless complexities, is a fascinating phenomenon that requires a substantial amount of energy to function. However, this energy can be drained by personal conflicts that arise both within and outside of ourselves. When we take steps to reduce and eventually eliminate the unnecessary dissipation of our inner energy, we can experience an extraordinary revitalization and conservation of our life force. This revitalized energy can then permeate every aspect (12 dimensions) of our lives, unobstructed and without disturbance, leading to a powerful foundation upon which limitless possibilities become available and realizable. – *The Angel Wing, LLC*

PUT MONEY IN THE ENVELOP (VITAMIN M)



NEVER GIVE UP

