

ANGEL WING'S ONLINE & PERSONAL TRANSFORMATION PROGRAM (WEEK # 24)

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

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

**PRESENTED BY:
ANGEL WING
PRESENTERS**

DISCLAIMER # I

Disclaimer Statement for Angel Wing's Online Personal Transformation Program

- Please carefully read and understand this disclaimer statement before participating in our online program for self-development and personal transformation.
- The content and materials provided in this online group coaching program are for informational and educational purposes only. The program is not intended to be a substitute for professional medical, psychiatric, or psychological advice, diagnosis, or treatment. The program does not provide medical, psychiatric, or psychological diagnosis or treatment services. Always seek the advice of your physician, psychiatrist, psychologist, or other qualified health provider with any questions you may have regarding a medical, mental, or emotional condition.
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DISCLAIMER # 2

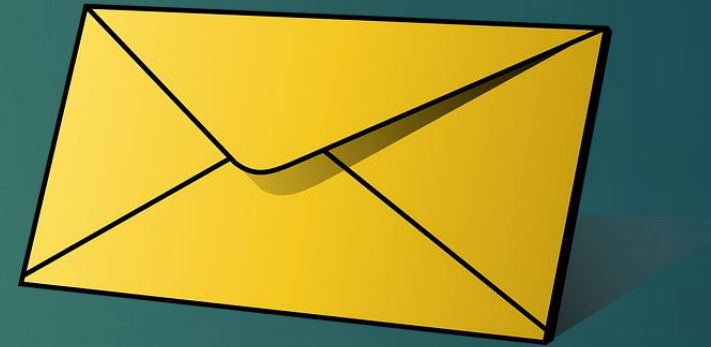
DISCLAIMER STATEMENT FOR ANGEL WING, LLC'S QUANTUM TRANSFORMATION PROGRAM

Angel Wing, LLC proudly offers the Quantum Transformation Program as part of our commitment to fostering growth, rehabilitation, and positive transformation. As you engage with our program and its participants, please consider the following:

- **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.
- **Limitation of Liability:** Angel Wing, LLC, its affiliates, staff, and partners shall not be liable for any direct, indirect, consequential, special, exemplary, or other damages arising from the actions, behaviors, or representations of Quantum Transformation Program participants.
- **No Implied Endorsement:** Participation in the Quantum Transformation Program does not imply endorsement of a participant's previous actions or behaviors. Rather, it signifies Angel Wing, LLC's belief in second chances and the capacity for positive change.
- **Educational and Supportive Nature:** The Quantum Transformation Program is primarily educational and supportive. It is not intended to replace formal licensure, professional counseling, or therapeutic interventions.
- **Participant Responsibility:** While Angel Wing, LLC provides support and guidance, the ultimate responsibility for personal and professional conduct rests with each program participant.
- **Continuous Monitoring:** Angel Wing, LLC maintains a rigorous monitoring and feedback system for the Quantum Transformation Program. Feedback from stakeholders is essential for continuous program improvement.
- **Transparency and Communication:** We encourage open communication. Should you have questions or concerns about the program or its participants, please contact our program coordinators.
- By engaging with Angel Wing, LLC's Quantum Transformation Program and its participants, you acknowledge that you have read and understand this disclaimer and agree to its terms.
- *For detailed information about Sachin Karnik and his background, Angel Wing participants are encouraged to contact him directly at 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

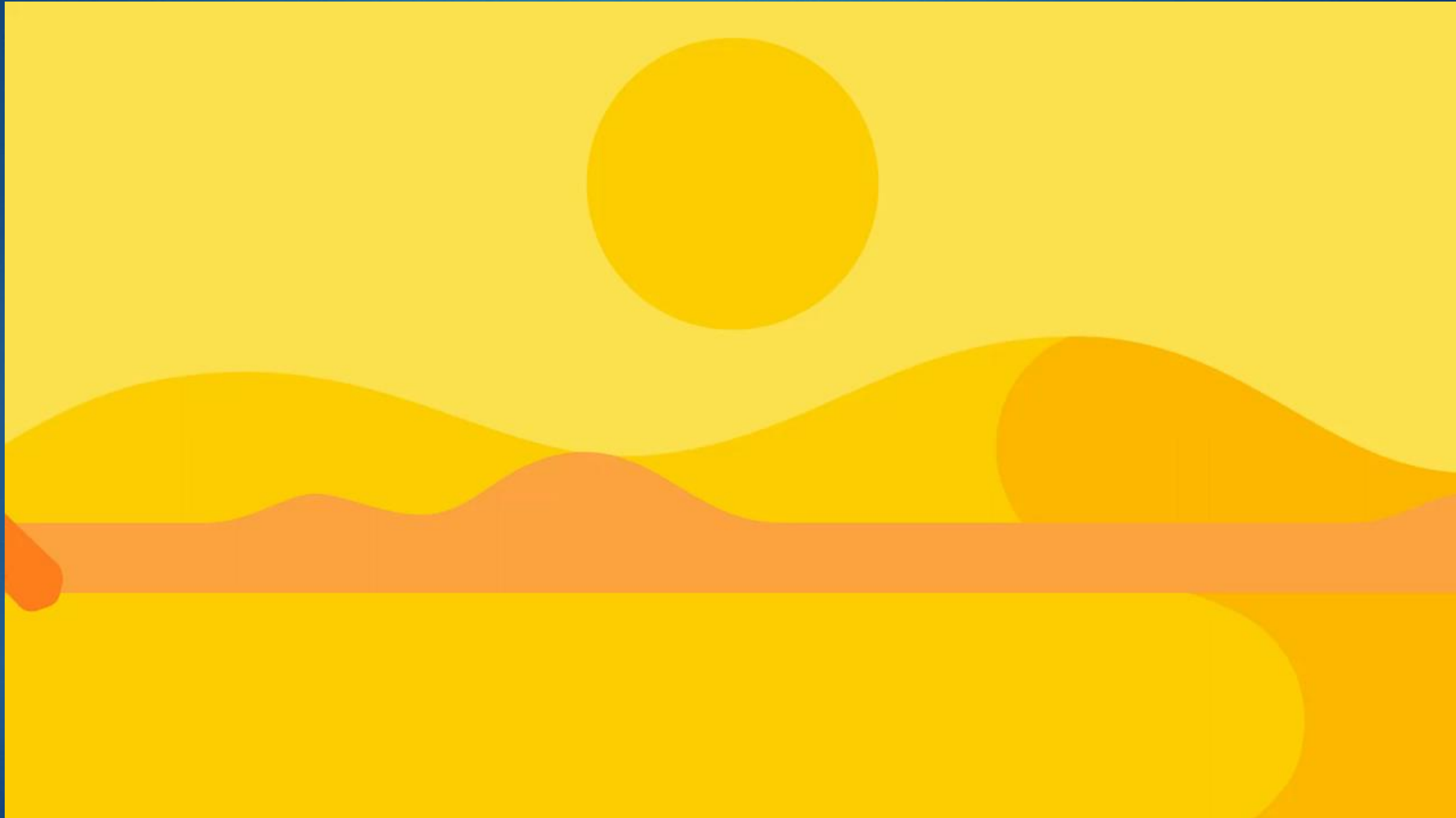
MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK
CARD PER
WEEK



GROUNDING MEDITATION EXERCISE



WEEK # 24
ONLINE WORKSOP BEGINS
NOW...



THE FLOW OF TIME

(WEEKS 14-26)

PAST TIME ORIENTATION

IMPACT OF PAST TIME ORIENTATION

Characteristics of individuals focused on the past

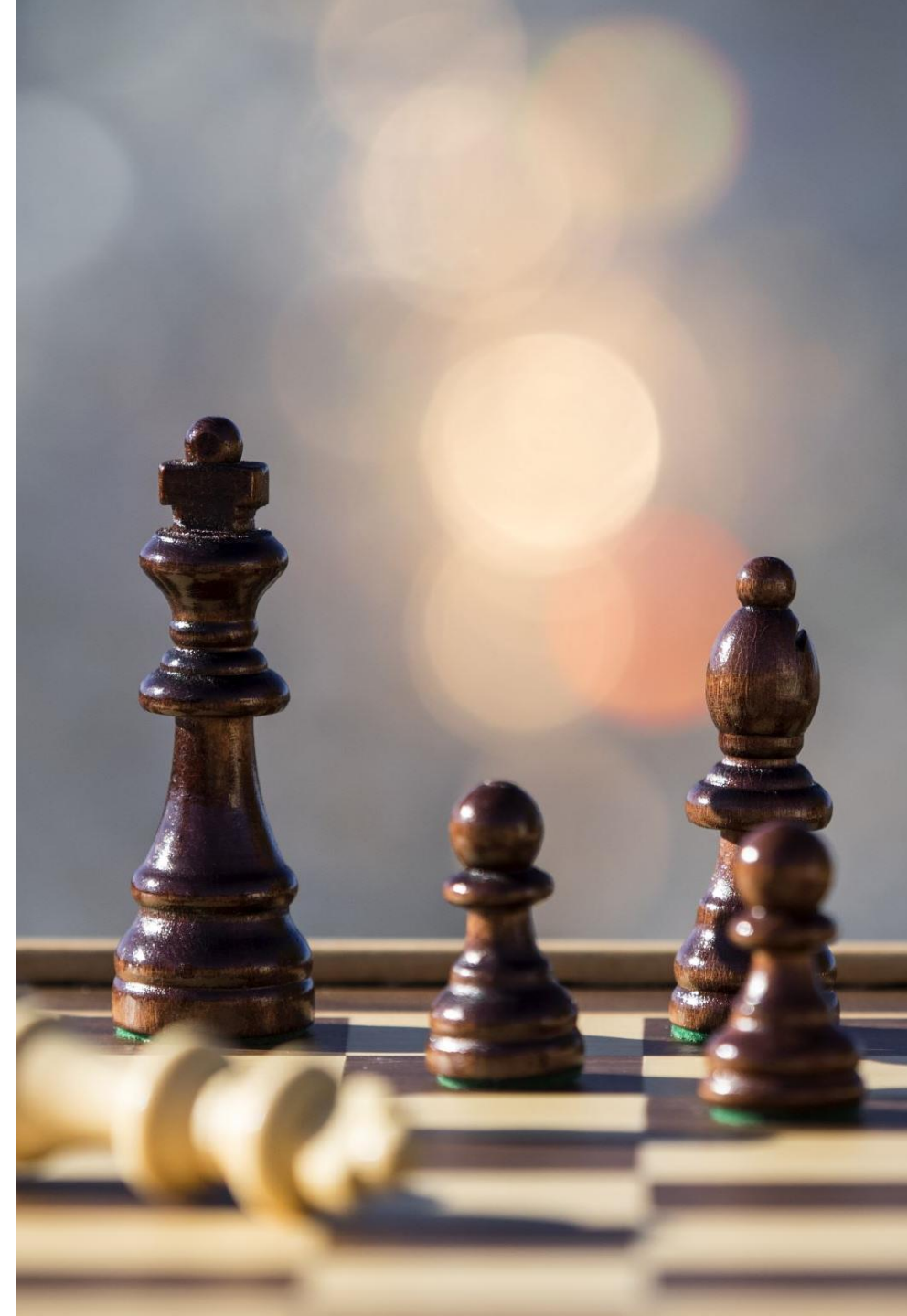
Psychological effects: nostalgia, regret, or trauma

Techniques to mitigate negative past influences



FOCUS ON THEIR PAST EXPERIENCES

Past time orientation involves an individual's focus on their past experiences and how these experiences shape their current and future behaviors and attitudes. This orientation can have significant effects on an individual's mental and emotional well-being, influencing their overall outlook on life.



POSITIVE IMPACTS

Boosting Confidence and Self-Esteem

Reflecting on **past successes and achievements** can be a source of motivation and encouragement. These reflections remind individuals of their capabilities and strengths, reinforcing their self-worth and boosting their confidence.

Providing Comfort and a Sense of Identity

Nostalgia, or the sentimental longing for the past, can provide emotional comfort. **Positive memories** can serve as a mental refuge during challenging times, offering solace and a sense of continuity. These memories also contribute to an individual's sense of identity, helping them understand who they are based on where they have been and what they have experienced.



NEGATIVE IMPACTS

OVEREMPHASIS ON PAST FAILURES OR TRAUMAS

Focusing too much on past failures or traumatic experiences can lead to a negative self-image. Individuals may feel stuck in their past mistakes, leading to persistent regret and shame. This can undermine their self-esteem and make it difficult to move forward.

PERSISTENT REGRET

Regret over past decisions or actions can cause ongoing emotional distress. This regret can dominate an individual's thoughts, making it hard to focus on the present or future. It can create a sense of helplessness and hinder personal growth.

PESSIMISTIC OUTLOOK ON LIFE

A strong focus on negative past experiences can result in a pessimistic view of life. Individuals may become cynical or fearful of the future, expecting negative outcomes based on their past. This pessimistic outlook can prevent them from taking risks, trying new things, or believing in the possibility of positive change.

HINDERING PERSONAL GROWTH

When individuals are overly focused on their past, they may struggle to engage fully with their present lives. This focus can prevent them from setting and working towards future goals, ultimately hindering their personal and professional growth. They may miss opportunities for development and fail to achieve their potential because they are anchored to their past experiences.

IN SUMMARY

In summary, while past time orientation can offer valuable lessons and comforting memories, an excessive focus on negative past experiences can significantly impair an individual's ability to thrive in the present and plan for the future. Balancing reflections on the past with a focus on present actions and future goals is crucial for personal growth and well-being.



PRESENT TIME ORIENTATION

BENEFITS OF PRESENT-FOCUSED TIME ORIENTATION

- Techniques to cultivate mindfulness and present awareness
- Connection to mental equanimity: reducing stress and enhancing focus



WEEK # 24 - BENEFITS OF PRESENT-FOCUSED TIME ORIENTATION.pdf



TECHNIQUES TO CULTIVATE MINDFULNESS AND PRESENT AWARENESS

MINDFULNESS MEDITATION

Mindfulness meditation involves focusing attention on the present moment, acknowledging thoughts, feelings, and sensations without judgment. Regular practice can help individuals become more aware of their immediate experiences and reduce distractions.

BREATHING EXERCISES

Controlled breathing exercises, such as deep breathing or diaphragmatic breathing, can help center attention on the present. These exercises promote relaxation and reduce stress, enhancing overall mindfulness.

GROUNDING TECHNIQUES

Grounding techniques, like the "5-4-3-2-1" exercise, help individuals connect with their surroundings by focusing on their senses. This technique involves identifying five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

BODY SCAN

A body scan involves mentally scanning one's body from head to toe, noting areas of tension or discomfort. This practice enhances body awareness and fosters a sense of present-moment focus.

ENGAGING IN MINDFUL ACTIVITIES

Activities such as yoga, tai chi, or even mindful walking encourage present-moment awareness. These practices involve deliberate, slow movements that require concentration and can be meditative.

CONNECTION TO MENTAL EQUANIMITY: REDUCING STRESS AND ENHANCING FOCUS

REDUCING STRESS

Being present-focused helps individuals manage stress more effectively. By concentrating on the here and now, they can prevent themselves from being overwhelmed by future worries or past regrets. Mindfulness practices reduce the production of stress hormones like cortisol, promoting a calmer state of mind.

ENHANCING FOCUS

Present-focused time orientation improves concentration by reducing mental clutter. When individuals are fully engaged in the current task, they are less likely to be distracted by unrelated thoughts or external stimuli. This enhances productivity and the quality of work.

EMOTIONAL REGULATION

Mindfulness and present awareness help individuals regulate their emotions better. By observing their thoughts and feelings without immediate reaction, they can respond to situations more thoughtfully and calmly. This leads to more balanced emotional responses and reduced impulsivity.

IMPROVING MENTAL CLARITY

Being present enhances mental clarity and decision-making. When individuals focus on the current moment, they are more aware of their immediate thoughts and feelings, allowing for clearer and more deliberate thinking.

PROMOTING OVERALL WELL-BEING

Present-focused orientation contributes to overall well-being by fostering a sense of contentment and fulfillment. Individuals who practice mindfulness often report higher levels of life satisfaction and happiness. They are more likely to appreciate the small moments and experiences in life.

FUTURE TIME ORIENTATION

Characteristics of future-focused individuals

Psychological effects: anxiety, planning, and ambition

Balancing future planning with present mindfulness



INDIVIDUALS WHO ARE FUTURE-FOCUSED TYPICALLY EXHIBIT CERTAIN TRAITS AND BEHAVIORS

GOAL-ORIENTED

Future-focused individuals often set clear, specific goals and work diligently towards achieving them. They have a strong sense of purpose and direction, which drives their actions and decisions.

STRATEGIC PLANNING

These individuals engage in strategic planning, organizing their activities and resources to achieve long-term objectives. They are often adept at creating detailed plans and timelines to guide their progress.

AMBITIOUS

A future-oriented person is usually ambitious, striving for personal and professional growth. They are motivated by the potential of what they can achieve and are willing to put in the effort to reach their aspirations.

FORWARD-THINKING

Future-focused individuals are forward-thinking, always considering the implications of their actions and decisions on their future. They anticipate potential challenges and opportunities and prepare accordingly.

PERSISTENT

Persistence is a common trait among future-oriented people. They remain committed to their goals despite obstacles

PSYCHOLOGICAL EFFECTS: ANXIETY, PLANNING, AND AMBITION

ANXIETY

While a future orientation can be beneficial, it can also lead to anxiety. Constantly thinking about future uncertainties and potential problems can cause stress and worry. This anxiety can stem from fear of the unknown, pressure to achieve, and concerns about the ability to meet future demands.

PLANNING

Future-focused individuals invest significant time and effort in planning. This planning can be both a source of strength and a potential stressor. Effective planning helps them stay organized and on track, but overplanning or being too rigid in their plans can lead to frustration and inflexibility when things don't go as expected.

AMBITION

Ambition drives future-oriented individuals to pursue their goals with vigor. While ambition can lead to significant achievements and progress, it can also result in burnout if not balanced with self-care. Highly ambitious individuals may push themselves too hard, leading to stress and fatigue.

A background image showing numerous skydivers in various poses, falling against a dark sky. The skydivers are wearing colorful suits, and their silhouettes are scattered across the frame, creating a sense of movement and depth.

BALANCING FUTURE PLANNING WITH PRESENT MINDFULNESS

INCORPORATING MINDFULNESS PRACTICES

To balance future planning with present mindfulness, individuals can incorporate mindfulness practices into their daily routines. Techniques such as meditation, deep breathing, and mindful walking help cultivate present-moment awareness and reduce anxiety related to future uncertainties.

SETTING REALISTIC GOALS

Setting realistic and achievable goals helps future-oriented individuals maintain motivation without becoming overwhelmed. Breaking down long-term goals into smaller, manageable steps can make the process more manageable and less stressful.

REGULAR REFLECTION

Regular reflection on progress and experiences can help future-focused individuals stay grounded. By taking time to reflect on what they have accomplished and learned, they can appreciate the present moment and make adjustments to their plans as needed.

PRACTICING GRATITUDE

Gratitude practices, such as keeping a gratitude journal, encourage individuals to focus on positive aspects of their current lives. This helps shift attention from future worries to present joys, fostering a sense of contentment and well-being.

BALANCING AMBITION WITH SELF-CARE

Future-focused individuals should prioritize self-care to prevent burnout. This includes taking breaks, setting boundaries, and engaging in activities that promote relaxation and well-being. Balancing ambition with self-care ensures sustained motivation and productivity.

SUMMARY

Future time orientation involves a strong focus on goals, planning, and ambition, which can drive significant achievements. However, it can also lead to anxiety and stress if not balanced with present-moment awareness. Incorporating mindfulness practices, setting realistic goals, regular reflection, practicing gratitude, and prioritizing self-care are essential strategies for balancing future planning with present mindfulness. This balance promotes overall well-being, reduces stress, and enhances the ability to achieve long-term goals effectively.



PRACTICAL STRATEGIES FOR ACHIEVING MENTAL EQUANIMITY

Mindfulness
meditation**

**Cognitive-
behavioral
techniques**

**Time
management
strategies**

PRACTICAL STRATEGIES FOR ACHIEVING MENTAL EQUANIMITY

1. Mindfulness Meditation

- **Description:** Mindfulness meditation is a practice that involves paying full attention to the present moment without judgment. This form of meditation encourages an awareness of thoughts, feelings, and sensations as they occur, fostering a sense of inner peace and calm.
- **Benefits:**
 - Reduces stress and anxiety by promoting relaxation.
 - Enhances self-awareness and emotional regulation.
 - Improves concentration and focus.
 - Encourages a non-reactive state of mind, helping individuals respond to situations more calmly.
- **How to Practice:**
 - Find a quiet place to sit comfortably.
 - Focus on your breath, noticing the inhale and exhale.
 - If your mind wanders, gently bring your attention back to your breath.
 - Practice regularly, starting with a few minutes each day and gradually increasing the duration.

COGNITIVE-BEHAVIORAL TECHNIQUES

1. Cognitive-Behavioral Techniques

- **Description:** Cognitive-behavioral techniques (CBT) are a set of therapeutic strategies aimed at changing unhelpful thoughts and behaviors. CBT helps individuals identify and challenge negative thought patterns and replace them with more positive and realistic ones.
- **Benefits:**
 - Helps manage mental health conditions such as depression and anxiety.
 - Provides tools for coping with stress and emotional difficulties.
 - Enhances problem-solving skills and resilience.
 - Encourages positive thinking and behavior change.
- **How to Practice:**
 - Identify negative thoughts and their triggers.
 - Challenge these thoughts by examining the evidence for and against them.
 - Replace negative thoughts with more balanced and constructive ones.
 - Practice behavioral changes that align with the new, positive thought patterns.

TIME MANAGEMENT STRATEGIES

1. Time Management Strategies

- **Description:** Time management strategies involve planning and organizing how to divide your time among various activities. Effective time management enables individuals to accomplish more in less time, reduce stress, and enhance productivity.
- **Benefits:**
 - Increases productivity and efficiency.
 - Reduces stress by preventing last-minute rushes and missed deadlines.
 - Enhances work-life balance and overall well-being.
 - Provides a sense of control and accomplishment.
- **How to Practice:**
 - Prioritize tasks by importance and urgency.
 - Create a daily or weekly schedule, allotting specific times for different activities.
 - Break larger tasks into smaller, manageable steps.
 - Use tools such as calendars, planners, or digital apps to keep track of tasks and deadlines.
 - Regularly review and adjust your time management plan to ensure it remains effective.

QUICK MOVEMENT BREAK - STANDING STRETCHES & MOVEMENTS



KeenanWell

A Keenan Solution

OPEN WORKBOOK # 2

(12 DIMENSION SELF-ASSESSMENT)



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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.

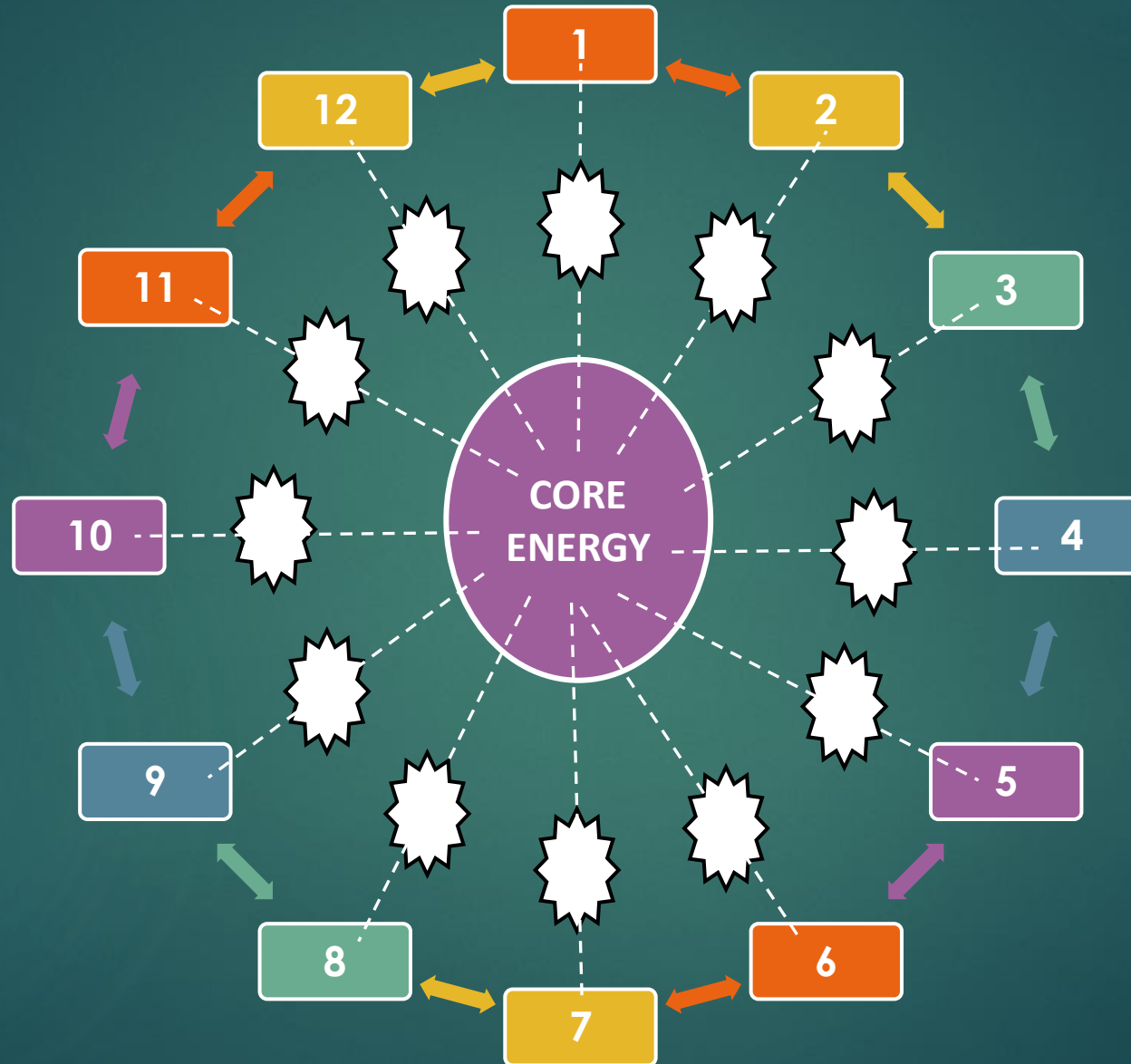
DIMENSION # 9 Recreation and leisure: This area relates to your hobbies, interests, and recreational activities.

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)

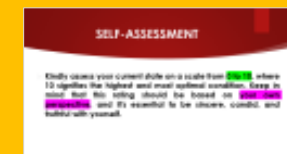
- * Focuses on physical surroundings and living conditions
- * Involves home, neighborhood, and community

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

PSYCHOLOGICAL TIME AND ENERGY ALLOCATION

Mindful management of psychological time allows for a balanced approach to energy expenditure, preventing burnout by allocating time for both productive tasks and restorative breaks, thereby maintaining long-term personal and professional health.



PRINCIPLE # 24 – TAKING DAILY STEPS TOWARD SELF-ACTUALIZATION

- ▶ Taking Daily Steps Toward Self-Actualization involves consistently engaging in actions that align with one's true potential and highest values. It emphasizes the importance of small, incremental progress in personal growth and fulfillment. This principle advocates for mindfulness and intention in daily activities to foster continuous self-improvement and realization of one's aspirations.

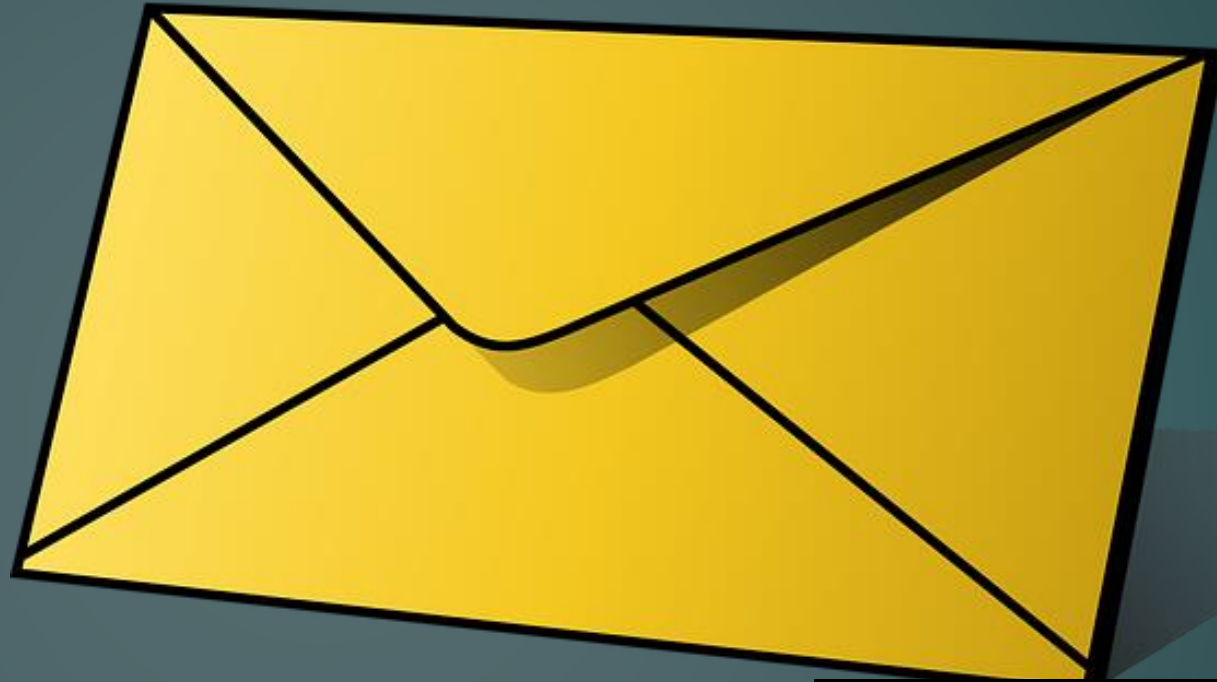


CENTRAL CONCEPT OF PERSONAL TRANSFORMATION WEEK 21 HOMEWORK: 3X5 CARD – READ ONCE DAILY

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)**



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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:



What is the BEST use of
my time, this week?

NEVER GIVE UP



Fearless **Soul**