The background of the slide features a close-up of a human hand, specifically the palm and fingers, with a prominent fingerprint pattern. The image is rendered in a monochromatic, high-contrast style with a color gradient ranging from deep red to dark purple. The lines of the fingerprint are clearly visible and create a sense of depth and texture.

ANGEL WING'S ONLINE & PERSONAL TRANSFORMATION PROGRAM (WEEK # 25)

**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.
- The creators, facilitators, and participants of this online group program are not licensed medical professionals, psychiatrists, or psychologists, and they do not claim to provide any form of medical, psychiatric, or psychological advice or treatment. By participating in this program, you acknowledge and agree that you are solely responsible for your own health and well-being and that you will consult with your healthcare provider(s) as necessary.
- While we strive to provide accurate and helpful information, we make no guarantees, warranties, or representations as to the accuracy, reliability, completeness, or timeliness of any information presented in the program. Any reliance on such information is strictly at your own risk.
- By participating in this online group program, you acknowledge and agree that the creators, facilitators, and participants of the program shall not be held responsible or liable for any claims, damages, or losses resulting from your participation in or reliance on the program's content or materials, including but not limited to any direct, indirect, incidental, special, or consequential damages.
- If you have any concerns or questions about your health or well-being, please consult with your healthcare professional(s) before participating in this online group program. By participating in the program, you acknowledge that you have read, understood, and agree to be bound by the terms of this disclaimer statement.

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

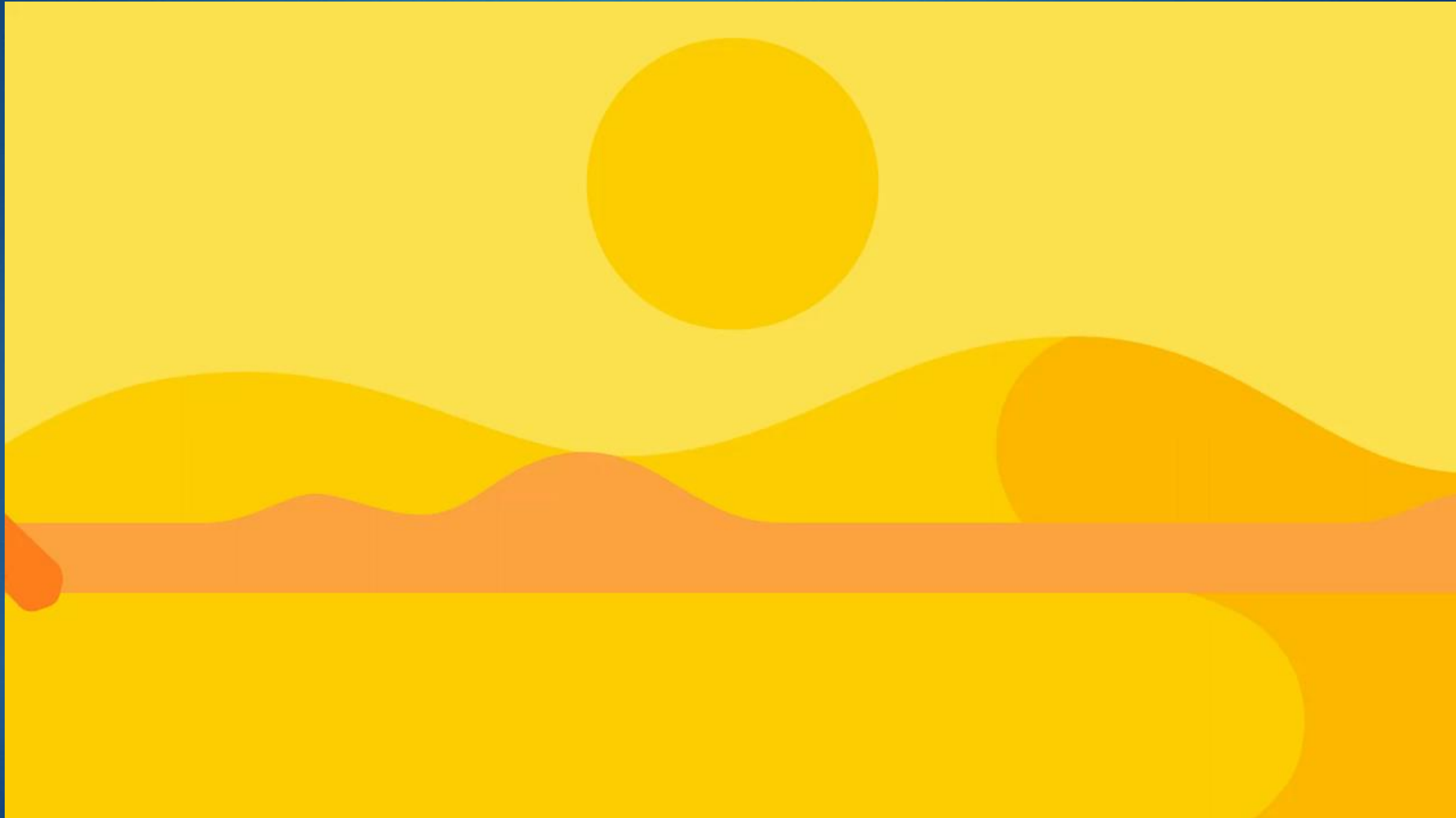
MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK
CARD PER
WEEK



GROUNDING MEDITATION EXERCISE



WEEK # 25
ONLINE WORKSOP BEGINS
NOW...



THE FLOW OF TIME

(WEEKS 14-26)

**MAJOR PRACTICAL IDEAS
REGARDING PSYCHOLOGICAL
TIME**

1. CONCEPT OF PSYCHOLOGICAL TIME

- **PSYCHOLOGICAL TIME REFERS TO THE SUBJECTIVE EXPERIENCE AND PERCEPTION OF TIME, WHICH CAN DIFFER SIGNIFICANTLY FROM ACTUAL CHRONOLOGICAL TIME. THIS PERCEPTION CAN BE INFLUENCED BY VARIOUS FACTORS SUCH AS EMOTIONS, ATTENTION, AND MENTAL STATES.**

PRESENT MOMENT AWARENESS

- **Mindfulness:** One of the central practical ideas is the cultivation of present moment awareness. Mindfulness practices, such as meditation, encourage focusing on the present moment, reducing the tendency to ruminate about the past or worry about the future.
- **Flow State:** Engaging in activities that induce a state of flow, where one is fully immersed and focused, can alter the perception of time, often making it seem to pass more quickly.

TEMPORAL DISTORTIONS

- **Emotional States:** Emotions significantly affect our perception of time. Positive emotions can make time seem to fly, while negative emotions can make it drag. Understanding this can help in managing one's emotional responses and expectations.
- **Attention and Focus:** The degree of attention we pay to a task influences our time perception. High attention to detail can make time feel slower, while distractions can make it seem faster.

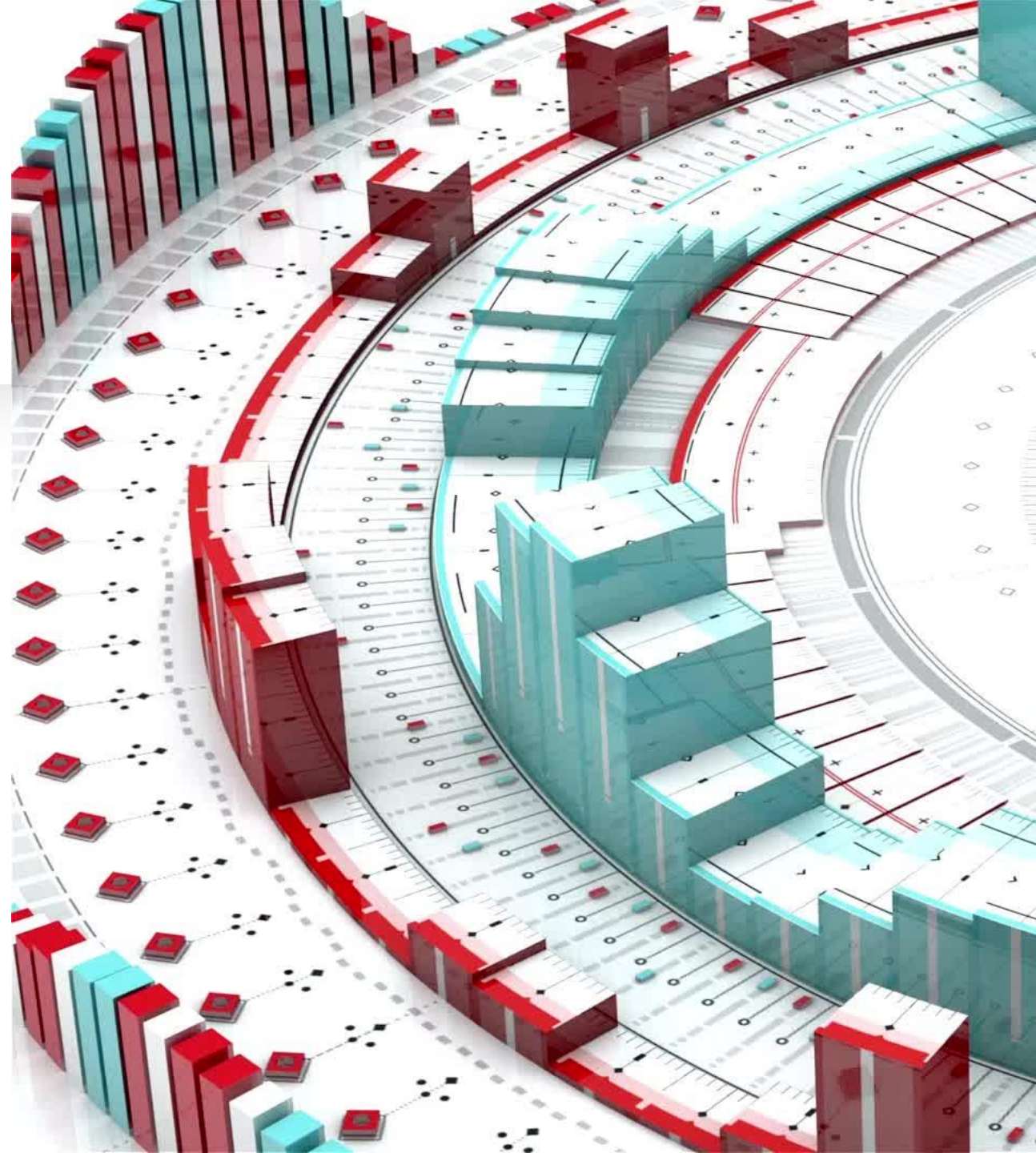
GOAL SETTING AND TIME MANAGEMENT

- **Time Blocking:** Allocating specific time slots for different tasks can help manage time more effectively, enhancing productivity and reducing stress.
- **Prioritization:** Focusing on high-priority tasks first helps in better utilization of time and achieving significant goals, reducing the feeling of time scarcity.



TEMPORAL LANDMARKS

- **Milestones:** Setting temporal landmarks such as deadlines, anniversaries, or milestones can create a structured sense of time, making it easier to track progress and stay motivated.
- **Reflection:** Regularly reflecting on past experiences and achievements helps in creating a coherent narrative of one's life, contributing to a more positive perception of time.



PROCRASTINATION AND TIME PERCEPTION

- **Understanding Procrastination:** Procrastination often stems from a distorted perception of time, where immediate gratification is chosen over long-term goals. Recognizing this can help in developing strategies to overcome procrastination.
- **Breaking Tasks:** Dividing large tasks into smaller, manageable chunks can reduce the feeling of being overwhelmed and improve time management.



CHRONOTYPES AND OPTIMAL PERFORMANCE

- **Personal Chronotypes:** Recognizing whether one is a morning person (lark) or an evening person (owl) can help in scheduling tasks during peak productivity times.
- **Energy Management:** Aligning tasks with natural energy cycles throughout the day can enhance efficiency and effectiveness.



TEMPORAL ORIENTATION



Past, Present, Future Orientation: People have different temporal orientations – past-oriented, present-oriented, or future-oriented. Balancing these orientations can lead to a healthier perception of time. For instance, being future-oriented helps in planning and goal-setting, while present orientation enhances enjoyment and mindfulness.



Temporal Flexibility: Developing the ability to switch between different temporal orientations as needed can lead to better decision-making and emotional regulation.




COGNITIVE TECHNIQUES

- **Reframing:** Cognitive reframing techniques can help alter one's perception of time. For example, viewing a challenging period as a temporary phase can reduce anxiety and improve coping strategies.
- **Gratitude Practices:** Regularly practicing gratitude can enhance present moment awareness and create a positive outlook on the past, influencing overall time perception.

IMPACT OF TECHNOLOGY

- **Digital Time Management Tools:** Using apps and digital tools for scheduling, reminders, and task management can improve time management and reduce stress.
- **Digital Detox:** Periodic breaks from digital devices can enhance present moment awareness and reduce the feeling of time pressure.



- 
- **Understanding and applying these practical ideas regarding psychological time can lead to improved well-being, productivity, and overall life satisfaction. By managing our perception of time and aligning it with our goals and emotional states, we can create a more balanced and fulfilling life.**
-

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.

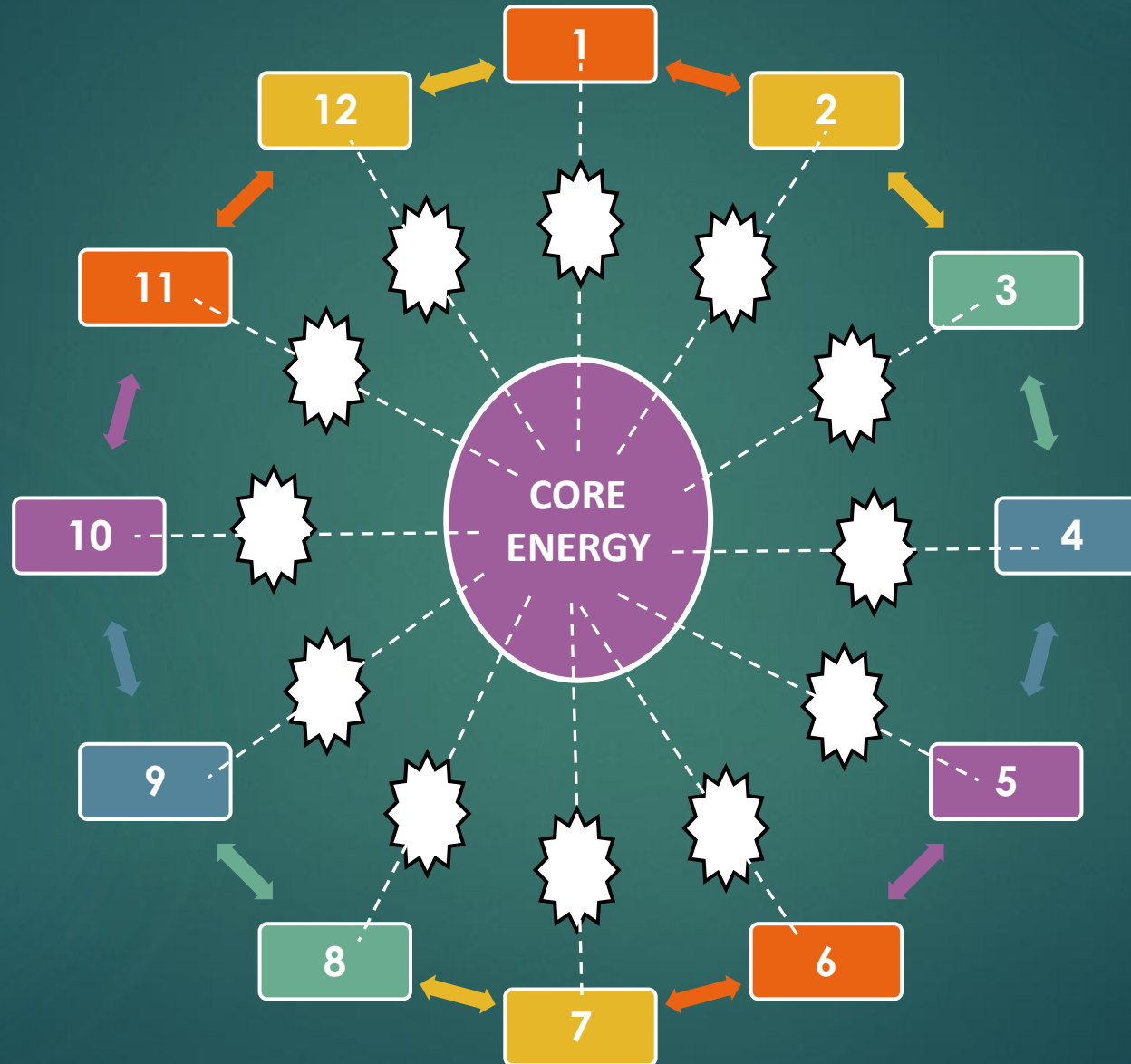
DIMENSION # 9 Recreation and leisure: This area relates to your hobbies, interests, and recreational activities.

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)

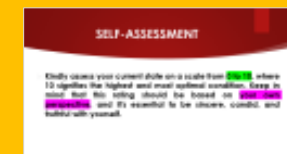
- * Focuses on physical surroundings and living conditions
- * Involves home, neighborhood, and community

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 #25 – KEEP LEARNING NEW MATERIALS (CONTINUE EDUCATION AT ANY AGE)

- ▶ Lifelong learning is essential for personal and professional growth, enhancing cognitive abilities and adapting to new challenges. By continually acquiring new knowledge and skills, individuals remain intellectually engaged, fostering a sense of accomplishment and purpose. This principle emphasizes that education is a continuous journey, beneficial at every stage of life, contributing to overall well-being and resilience.

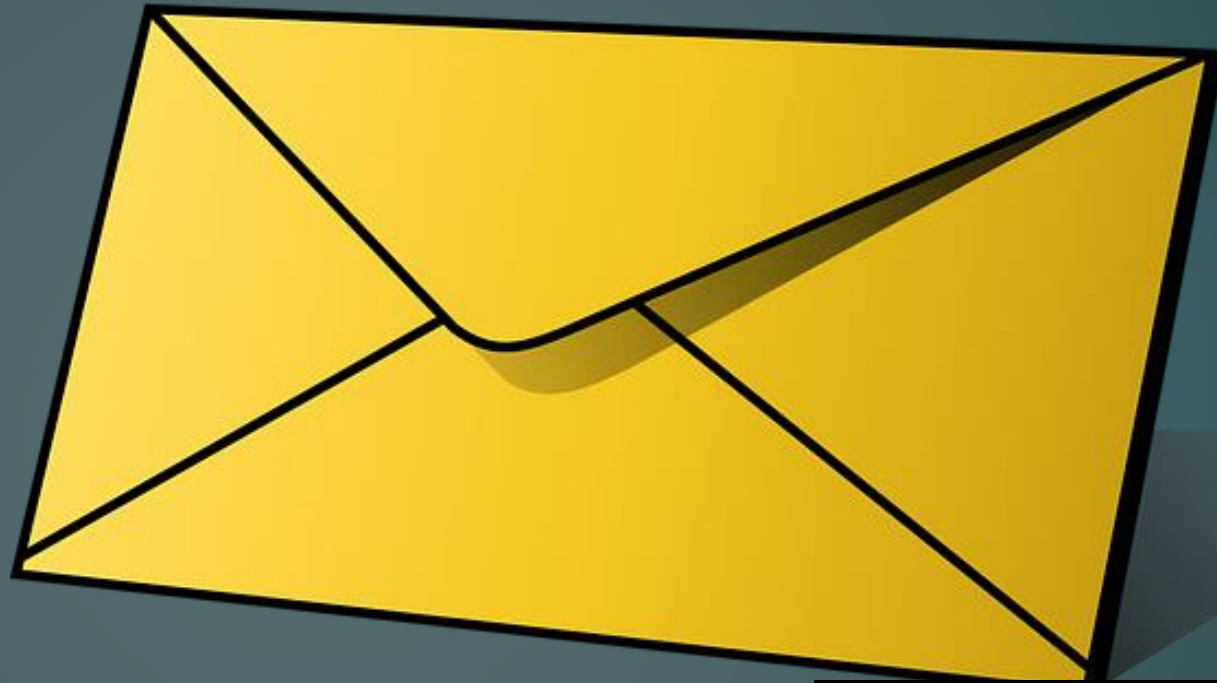


CENTRAL CONCEPT OF PERSONAL TRANSFORMATION WEEK 25 HOMEWORK: 3X5 CARD – READ ONCE DAILY

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**