

# **ANGEL WING'S ONLINE PERSONAL TRANSFORMATION PROGRAM (WEEK # 27)**

**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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- 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**

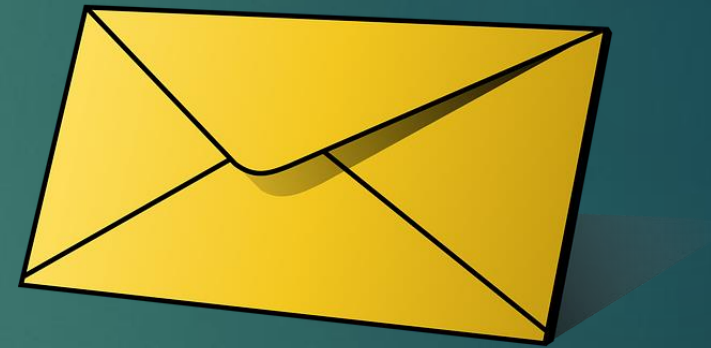
# **DISCLAIMER STATEMENT FOR ANGEL WING, LLC'S QUANTUM TRANSFORMATION PROGRAM**

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](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

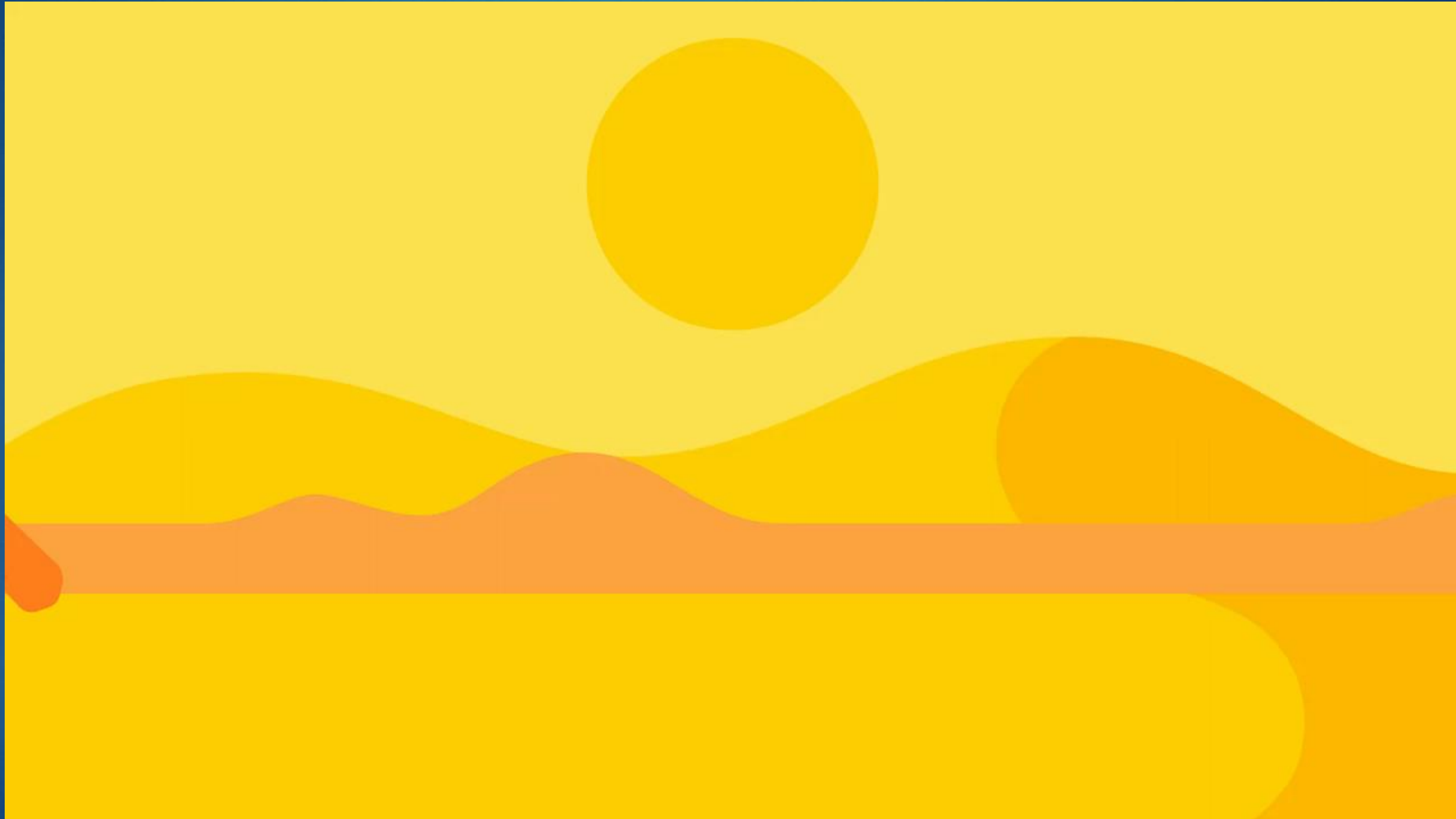
# MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK  
CARD PER  
WEEK



# GROUNDING MEDITATION EXERCISE



**WEEK # 27**  
**ONLINE WORKSOP BEGINS**  
**NOW...**



# ENERGY ACTIVATION

(WEEKS 27-39)

# 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



# ENERGY ACTIVATION: UNDERSTANDING AND HARNESSING PERSONAL CORE ENERGY

## DEFINITION AND IMPORTANCE

- Energy activation refers to the process of initiating and mobilizing one's inherent energy reserves to enhance personal performance, productivity, and overall well-being. This concept revolves around the idea that each individual possesses a core energy source, which can be activated and directed towards achieving personal and professional goals. Effective energy activation enables individuals to tap into their latent potential, leading to heightened motivation, creativity, and resilience.

# KEY POINTS

- . Definition of energy activation
- . The significance of activating personal core energy
- . The impact of energy activation on personal and professional life

# COMPONENTS OF ENERGY ACTIVATION

# ENERGY ACTIVATION: UNDERSTANDING AND HARNESSING PERSONAL CORE ENERGY

## **PHYSICAL ACTIVATION**

### **Engaging in Activities that Boost Physical Energy**

- Physical activation involves engaging in activities that stimulate and enhance the body's energy levels. Regular physical exercise, proper nutrition, and adequate sleep are critical components in maintaining and boosting physical energy. Each of these elements plays a significant role in ensuring that the body functions optimally, thereby supporting overall energy levels.

### **Regular Exercise**

- Exercise is one of the most effective ways to boost physical energy. It enhances cardiovascular health, strengthens muscles, improves flexibility, and increases endurance. Physical activity triggers the release of endorphins, also known as "feel-good" hormones, which can elevate mood and energy levels (Ratey & Hagerman, 2008). Regular exercise also improves oxygen circulation within the body, allowing cells to produce more energy (Pedersen & Saltin, 2015).



# 1. UNDERSTANDING PHYSICAL ACTIVATION

## Homework Exercise: What is Physical Activation? (Workbook # 1)

- *Instructions:*
- Write a short paragraph explaining what physical activation means in your own words. Include why it is important for overall energy levels.
- 
- *Example Response:* "Physical activation involves engaging in activities that stimulate and enhance the body's energy levels. It includes regular physical exercise, proper nutrition, and adequate sleep. These elements are essential because they help the body function optimally, thereby supporting overall energy levels and promoting better health."

# REGULAR EXERCISE

## **EXERCISE 2: THE BENEFITS OF REGULAR EXERCISE**

- *Instructions: (Homework: workbook # 1)*
- List at least five benefits of regular exercise based on the information provided.
- *Example Response:*
  1. Enhances cardiovascular health
  2. Strengthens muscles
  3. Improves flexibility
  4. Increases endurance
  5. Triggers the release of endorphins

# TYPES OF EXERCISES

Types of exercises that can boost physical energy include:

- **Aerobic Exercises:** Activities such as walking, running, cycling, and swimming improve cardiovascular fitness and increase overall stamina.
- **Strength Training:** Weightlifting and resistance exercises build muscle strength and endurance.
- **Flexibility Exercises:** Yoga and stretching enhance flexibility, reduce muscle tension, and promote relaxation.
- **(HOMEWORK: WRITE IN WORKBOOK # 1, THE EXERCISES YOU ARE PERFORMING AND ARE GOING TO PERFORM THIS WEEK.)**

# EXERCISE 3: CREATING AN EXERCISE ROUTINE

- *Instructions: (Homework: Workbook # 1)*
- Design a simple weekly exercise routine that you can realistically follow. Include different types of exercises such as cardio, strength training, and flexibility exercises.
- *Example Response:*
- **Monday:** 30 minutes of jogging (cardio)
- **Tuesday:** 20 minutes of weight training (strength training)
- **Wednesday:** 30 minutes of yoga (flexibility)
- **Thursday:** 30 minutes of brisk walking (cardio)
- **Friday:** 20 minutes of bodyweight exercises (strength training)
- **Saturday:** 30 minutes of pilates (flexibility)
- **Sunday:** Rest day



# PROPER NUTRITION

- Exercise 4: Healthy Eating Habits

- *Instructions: (Homework: Workbook # 1)*

- Write down three changes you can make to your diet to improve your nutrition and energy levels.

- *Example Response:*

1. Eat more fruits and vegetables
2. Reduce sugar and processed food intake
3. Drink plenty of water

# ADEQUATE SLEEP

## **EXERCISE 5: SLEEP IMPROVEMENT PLAN**

- *Instructions:*
  - Identify three strategies you can use to improve your sleep quality.
- *Example Response:*
  1. Establish a regular sleep schedule
  2. Create a relaxing bedtime routine
  3. Limit screen time before bed

# REFLECTION AND APPLICATION

## EXERCISE 6: REFLECTION ON PHYSICAL ACTIVATION

- *Instructions: (Homework Exercise: Workbook # 1)*
  - Reflect on a time when you felt low energy. Write a paragraph describing what factors might have contributed to this feeling and what changes you could make to your physical activation routine to improve your energy levels.
- *Example Response:* "Last month, I felt very low on energy. I realized that I was not exercising regularly, my diet was high in processed foods, and I was only getting about 5 hours of sleep each night. To improve my energy levels, I could start by incorporating a daily exercise routine, eating more whole foods, and ensuring that I get at least 7-8 hours of sleep each night."
- By completing these exercises, individuals can gain a better understanding of the importance of physical activation and how to incorporate it into their daily lives for better energy levels and overall well-being.

# 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.

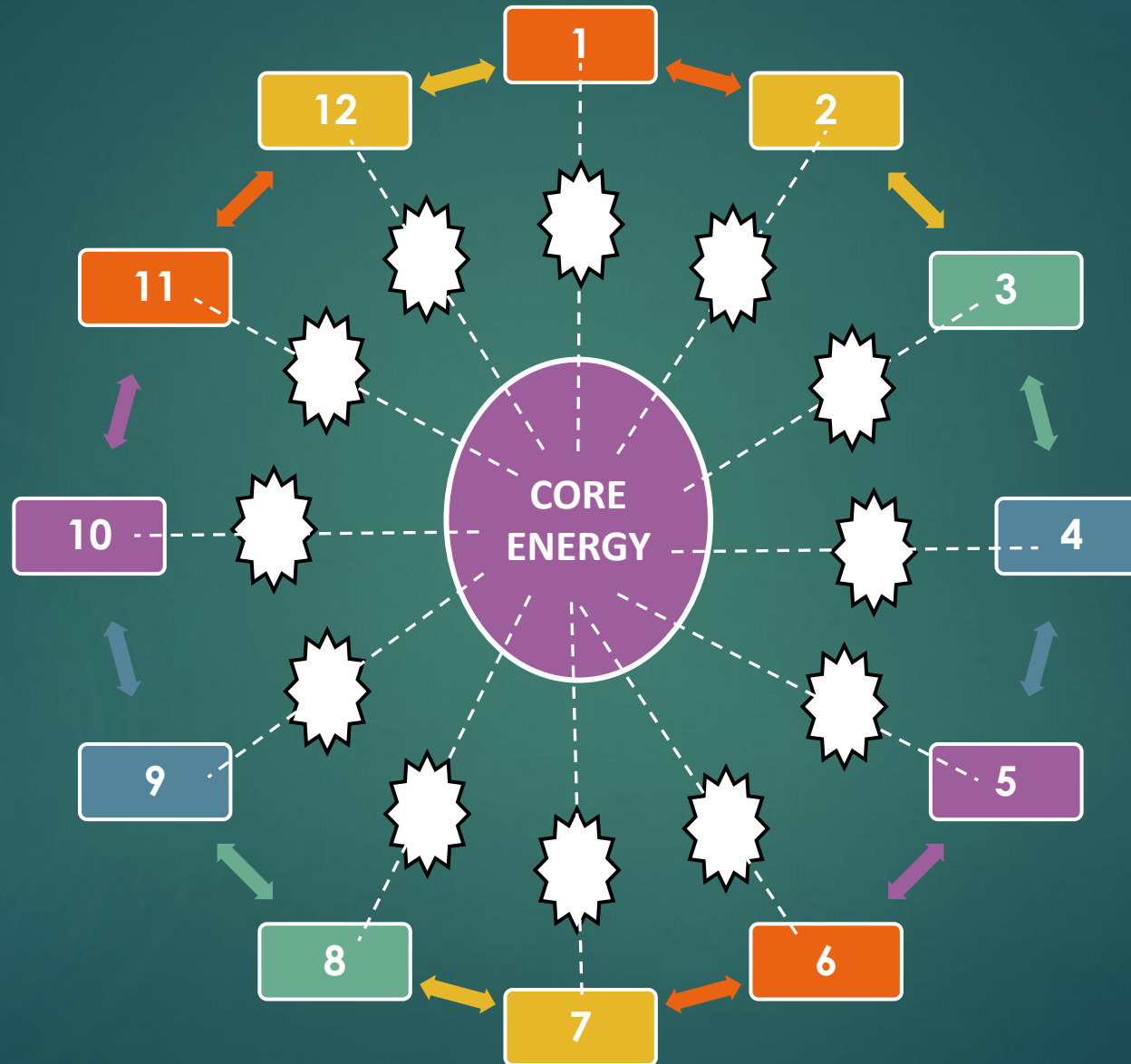
**DIMENSION # 9 Recreation and leisure:** This area relates to your hobbies, interests, and recreational activities.

**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



1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

## 2 - MY FINANCES (X)

### 3 – MY PHYSICAL HEALTH (X)

#### **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)**

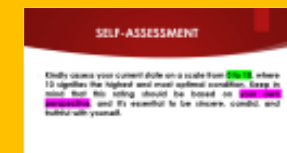
- \* Focuses on physical surroundings and living conditions
- \* Involves home, neighborhood, and community

## **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 #27 - SELF-ESTEEM ENHANCEMENT

- ▶ This principle involves cultivating a positive self-image and confidence by recognizing one's intrinsic worth and accomplishments. It emphasizes self-compassion, setting realistic goals, and engaging in activities that affirm personal strengths. Through continuous self-reflection and positive reinforcement, individuals can build and sustain healthy self-esteem. Ultimately, this principle fosters resilience and a deeper sense of personal fulfillment.



## **CENTRAL CONCEPT OF PERSONAL TRANSFORMATION WEEK 27 HOMEWORK: 3X5 CARD – READ ONCE DAILY**

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**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:



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

# NEVER GIVE UP

