

ANGEL WING'S ONLINE PERSONAL TRANSFORMATION PROGRAM (WEEK # 32)

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

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

**PRESENTED BY:
SACHIN J. KARNIK**

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

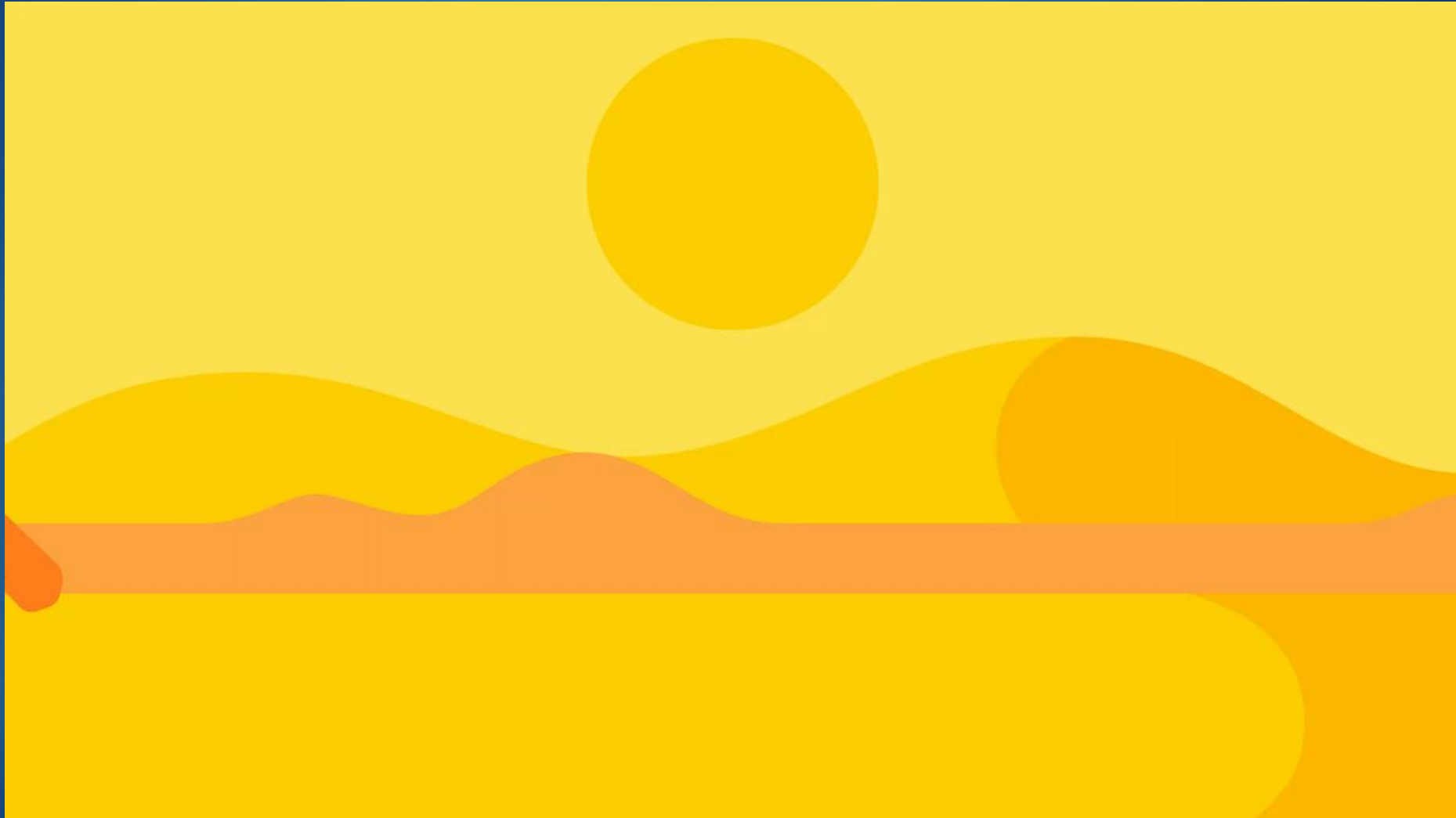
MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK
CARD PER
WEEK



GROUNDING MEDITATION EXERCISE



WEEK # 32
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.
- [Supplementary audio for this slide \(CLICK HERE\)](#).



**HERE ARE SOME
PRACTICAL
TECHNIQUES FOR
"INITIATING" AND
"MOBILIZING"
YOUR INHERENT
ENERGY
RESERVES...**



CONNECT WITH YOUR "WHY"

**REFLECT ON YOUR VALUES,
PASSIONS, AND WHAT TRULY
MOTIVATES YOU. WRITE DOWN YOUR
"WHY" AND REVISIT IT REGULARLY
TO REIGNITE YOUR INNER DRIVE.**



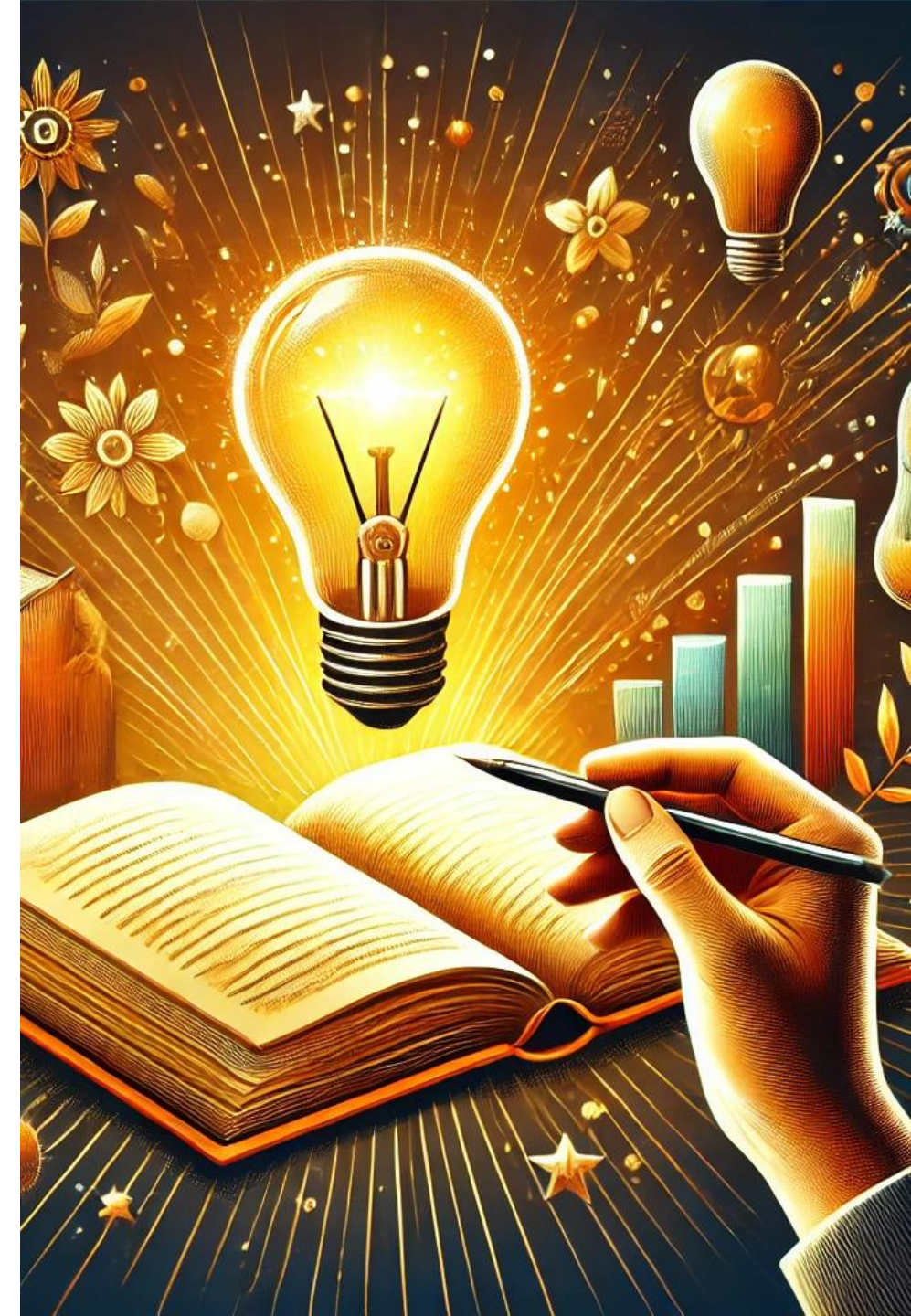
CONNECT YOUR **WHY'**



EXAMPLE # 1

THE TEACHER WHO LOST THEIR SPARK

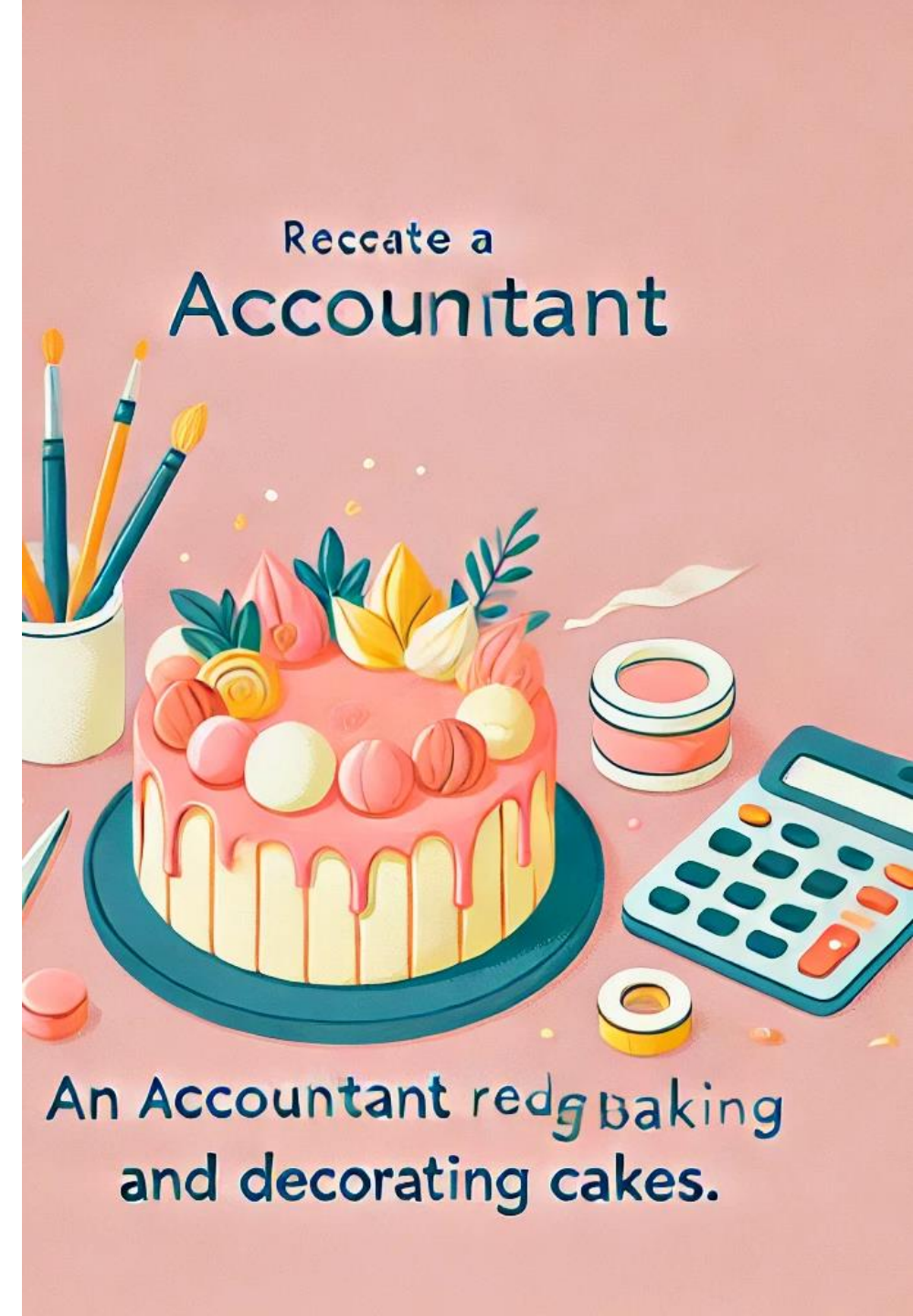
- **The Situation:** A high school English teacher feels burnt out. Grading papers feels tedious, the curriculum feels stale, and he/she dreads interacting with apathetic students.
- **Connecting with "Why":** The teacher takes time to reflect and remembers his/her "why": a deep love for literature and a desire to inspire young minds. He/she was the first in their family to go to college, and a teacher ignited the students' passion for learning.
- **Reigniting the Drive:** The teacher revamps the curriculum, incorporating modern young adult novels and project-based learning. The students start a book club and dedicate extra time to mentoring struggling students. This renewed focus on their "why" brings back their passion for teaching.



EXAMPLE # 2

THE ACCOUNTANT YEARNING FOR MORE

- **The Situation:** An accountant feels stuck in a rut. His/her job is stable and pays the bills, but they feel unfulfilled and crave a creative outlet.
- **Connecting with "Why":** The accountant reflects on their childhood love for baking and decorating cakes. He/she realize his/her "why" revolves around bringing joy to others through edible creations. The precision required in baking also satisfies their detail-oriented nature.
- **Reigniting the Drive:** The accountant starts taking cake decorating classes and begins baking for friends and family events. She/he eventually starts a small business selling custom cakes, reigniting his/her passion and bringing a sense of accomplishment.



EXAMPLE # 3 THE ATHLETE FACING A COMEBACK

The Situation: A marathon runner, recovering from a serious injury, feels discouraged. They doubt their ability to compete at the same level and struggle to find the motivation to train.

Connecting with Their "Why": The runner reflects on why they started running in the first place: the sense of freedom, the mental and physical challenge, and the desire to inspire others to lead healthy lives.

Reigniting the Drive: The runner channels their "why" as fuel during the grueling rehabilitation process. They visualize themselves crossing the finish line, drawing strength from the desire to prove, both to themselves and others, that they can overcome any obstacle. They return to competition, stronger and more determined than ever before.



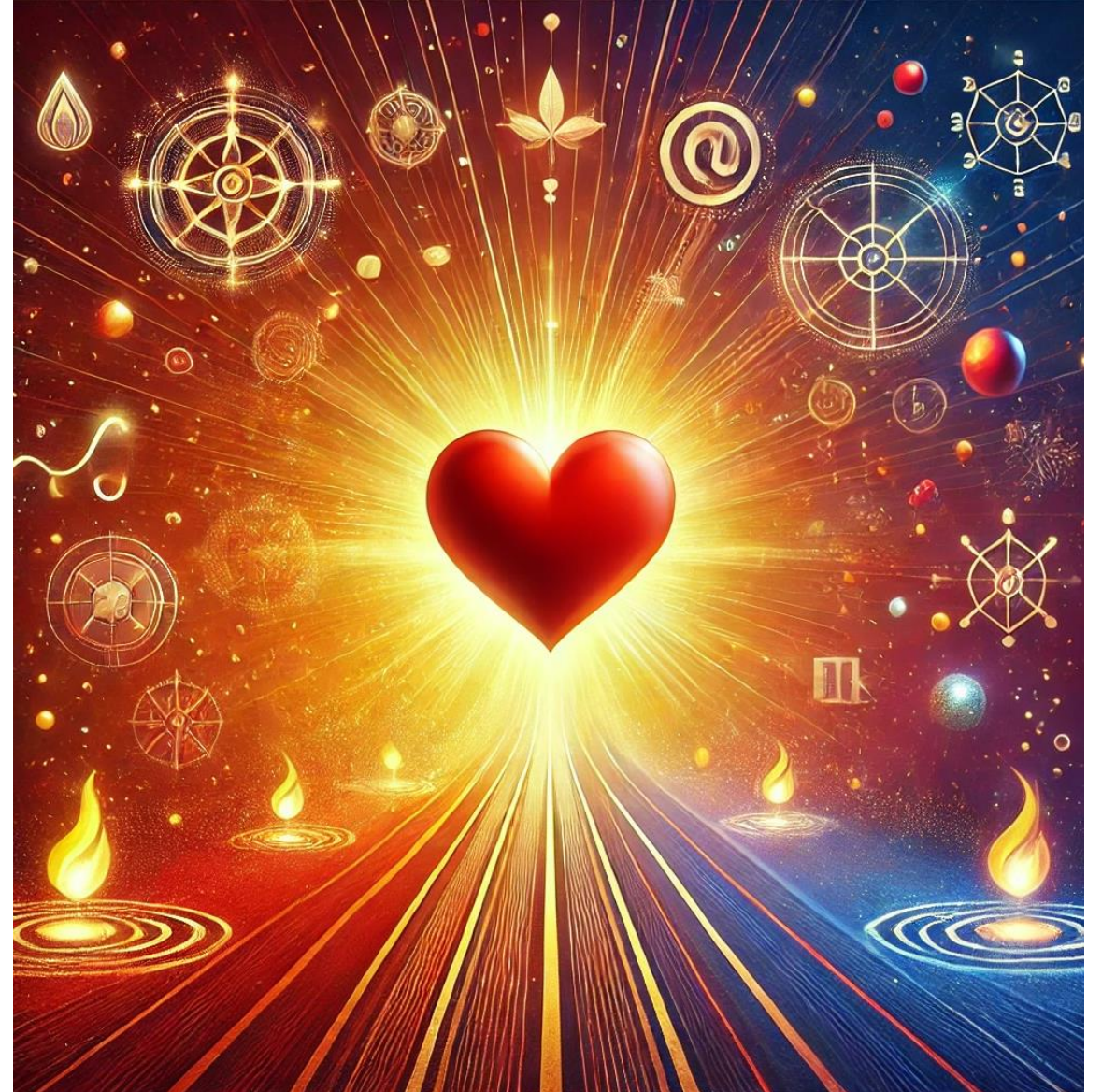
CLARIFICATION OF CORE VALUES

Reflecting on your values helps you identify what is most important in your life. These values act as guiding principles that shape your decisions, behavior, and life goals. By clearly defining them, you create a foundation upon which all your actions and choices can align.



IDENTIFYING TRUE PASSIONS

Understanding what you are genuinely passionate about allows you to channel your energy and efforts into activities that bring fulfillment and joy. Your passions often point toward your purpose, making your pursuits more meaningful and enjoyable.



WRITING DOWN YOUR "WHY"

Documenting your purpose and reasons for pursuing specific goals serves as a powerful reminder of your intentions. This written statement becomes a reference point that can inspire and refocus your efforts when motivation wanes or when you face obstacles.



REGULAR REFLECTION AND RE- EVALUATION

Revisiting your "why" regularly allows you to stay connected to your goals and adapt as your life evolves. Regular reflection helps you ensure that your actions remain aligned with your values and passions, allowing for continuous growth and adjustment of your path as needed.



FORMULA FOR JOY

1. Connect with Your "Why":

1. **Purpose:** Identify and stay connected with what truly motivates you. Reflect regularly on your core values, passions, and the deeper reasons behind your actions. This connection with your "why" serves as the foundation for your joy, giving meaning to your daily efforts and long-term goals.

2. Clarify Core Values:

1. **Alignment:** Clearly define your core values, which are the guiding principles that shape your decisions and behaviors. When your actions align with these values, you create a solid foundation for joy. This alignment ensures that your pursuits are meaningful and consistent with what you hold most important in life.

3. Identify True Passions:

1. **Fulfillment:** Discover what you are genuinely passionate about. Engage in activities that resonate with your passions, as they bring fulfillment, joy, and a sense of purpose. Your passions not only energize you but also enhance your overall life satisfaction.

Summary: Joy is cultivated by deeply understanding and aligning with your core values (alignment), regularly reconnecting with your "why" (purpose), and pursuing your true passions (fulfillment). These three elements together form a powerful formula for sustaining joy in your life.

QUICK MOVEMENT BREAK - STANDING STRETCHES & MOVEMENTS



KeenanWell

A Keenan Solution

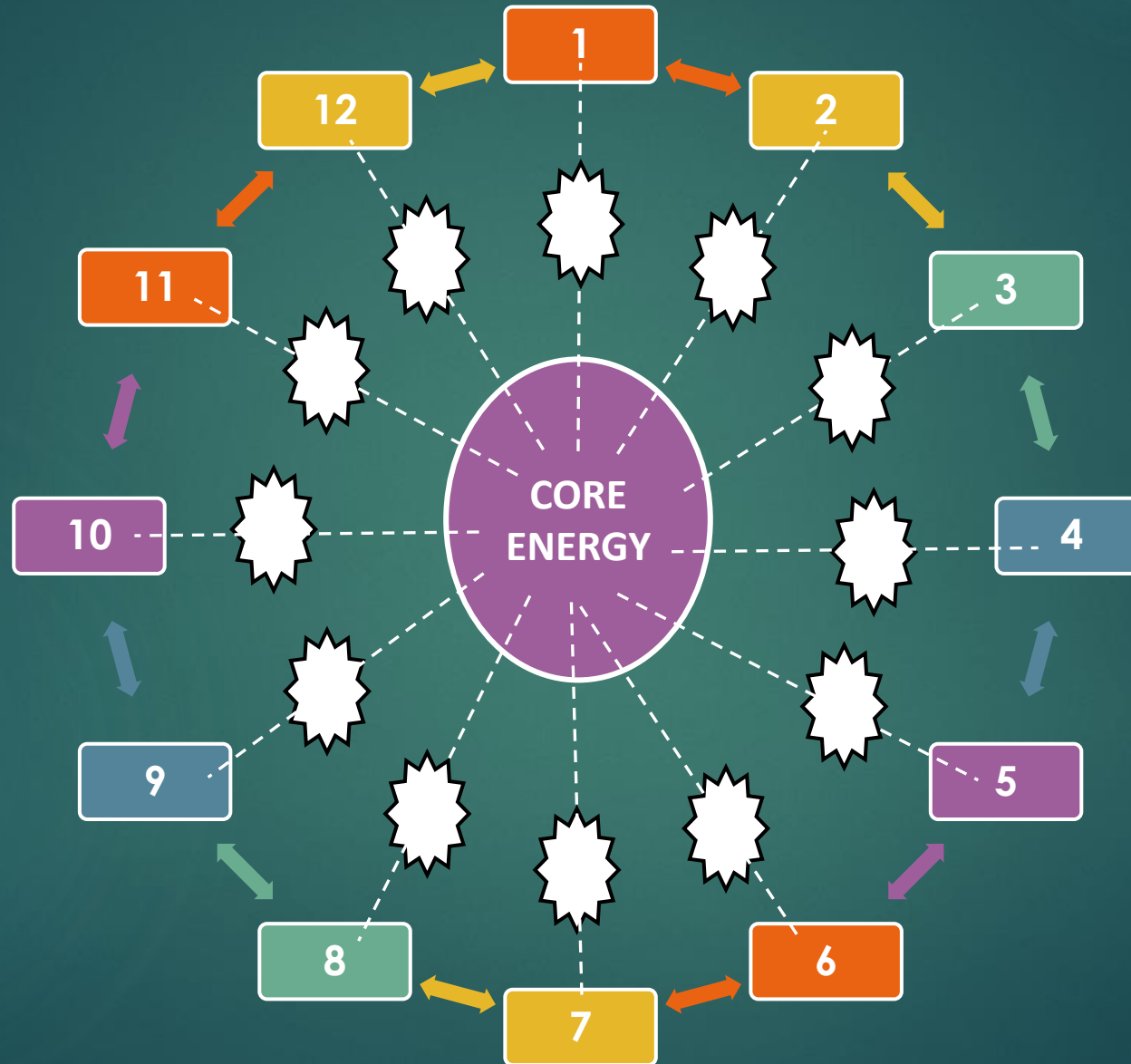
OPEN WORKBOOK # 2

(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)

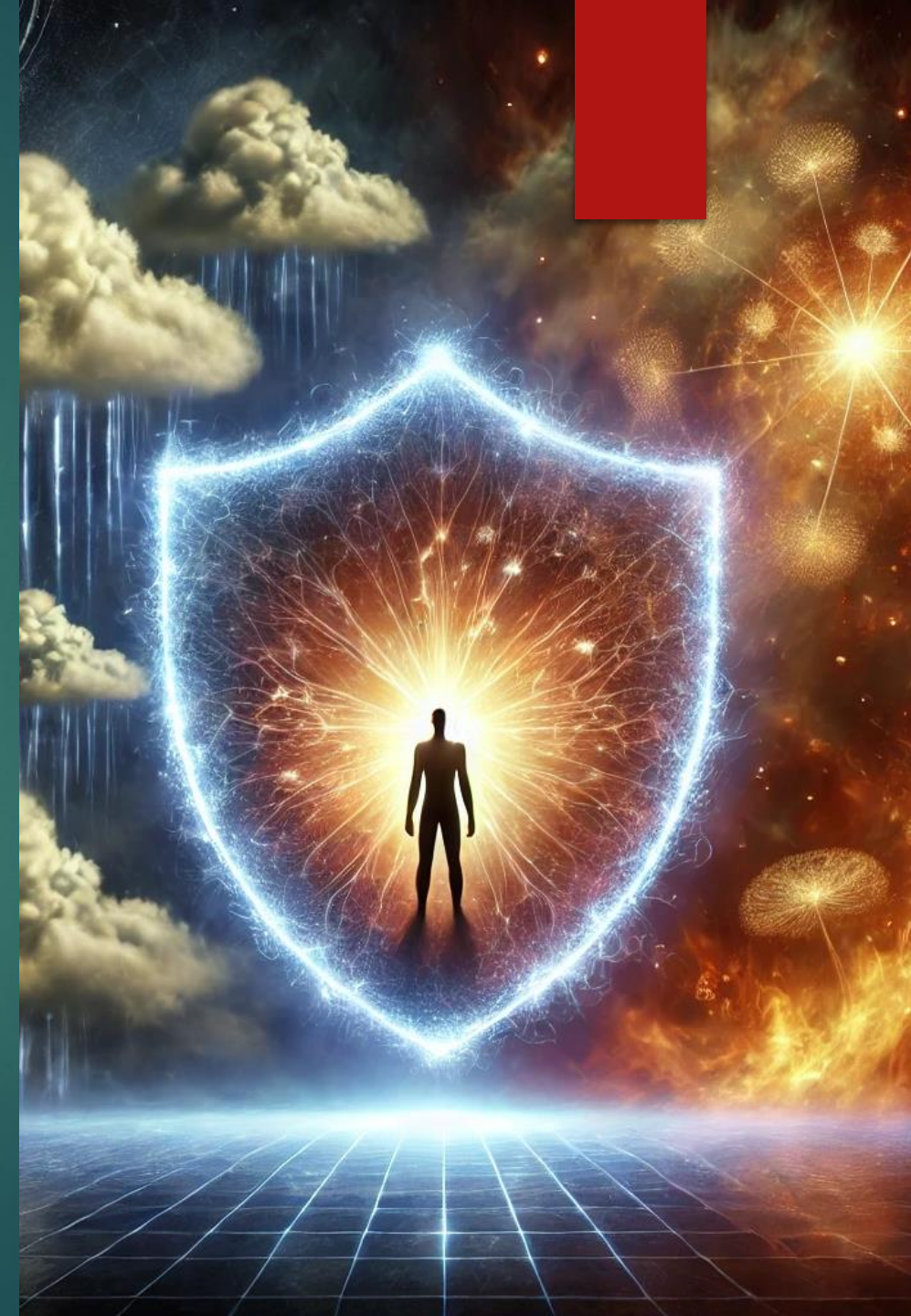
- * Focuses on long-term goals and aspirations
- * Involves envisioning the future and the legacy one wants to leave behind

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 # 32 – DEVELOP A PREVENTION SHIELD (A SHIELD OF AWARENESS) – TO PROTECT AGAINST HARMFUL ENTANGLEMENTS IN LIFE

- ▶ Principle #32 emphasizes the creation of a "Prevention Shield," a mental and emotional barrier formed through heightened awareness. This shield helps individuals recognize and avoid harmful entanglements and negative influences in life. By cultivating mindfulness and self-awareness, one can proactively protect themselves from unnecessary suffering and disruptions to personal growth.





- The term "quantum" here implies a holistic approach, focusing on how small changes in behavior and decision-making can have significant positive impacts on one's life. This principle is part of a broader framework aimed at personal growth and transformation.

QUANTUM PRINCIPLE

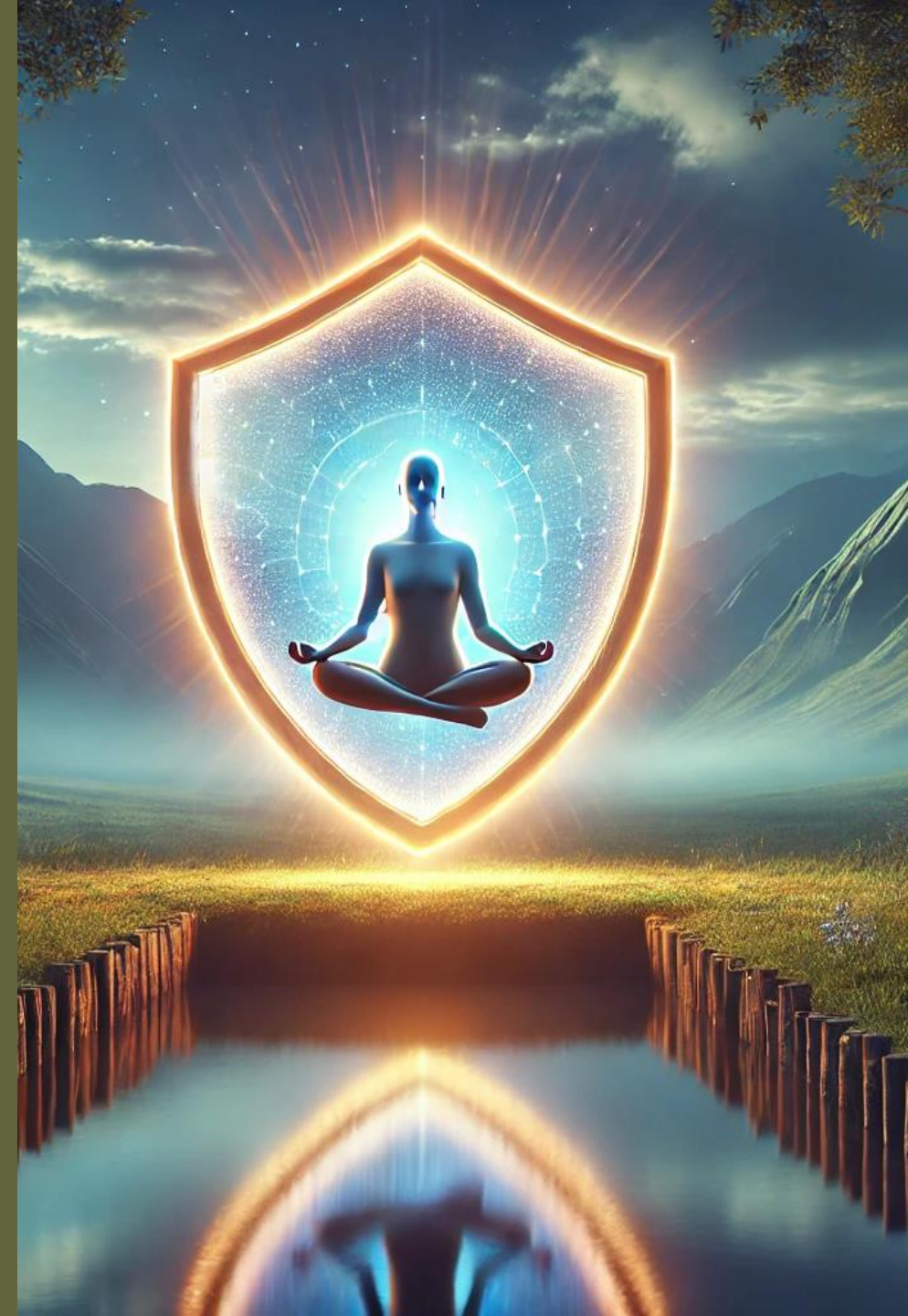
Principle #32 introduces the concept of a "Prevention Shield," which is a mental and emotional safeguard developed through increased awareness. This shield serves as a proactive measure, allowing individuals to perceive potential dangers and negative influences before they can cause harm. By staying vigilant and attuned to their surroundings, individuals can effectively protect themselves from becoming entangled in situations that may lead to stress or emotional turmoil.



The Prevention Shield is particularly valuable in helping individuals avoid harmful entanglements and negative influences that could disrupt their lives. In a world filled with various external pressures and distractions, this shield acts as a filter, enabling one to identify and steer clear of relationships, environments, or behaviors that do not align with their personal values or well-being. This proactive approach not only preserves one's mental and emotional health but also fosters a more balanced and peaceful life.



Cultivating this shield requires a commitment to mindfulness and self-awareness, as these practices are foundational to recognizing potential threats. By regularly engaging in mindfulness exercises, individuals can strengthen their ability to stay present and aware, which in turn enhances their capacity to detect and avoid negative influences. Ultimately, the Prevention Shield is a tool for maintaining personal growth and well-being by minimizing unnecessary suffering and fostering a life of intentional, positive choices.

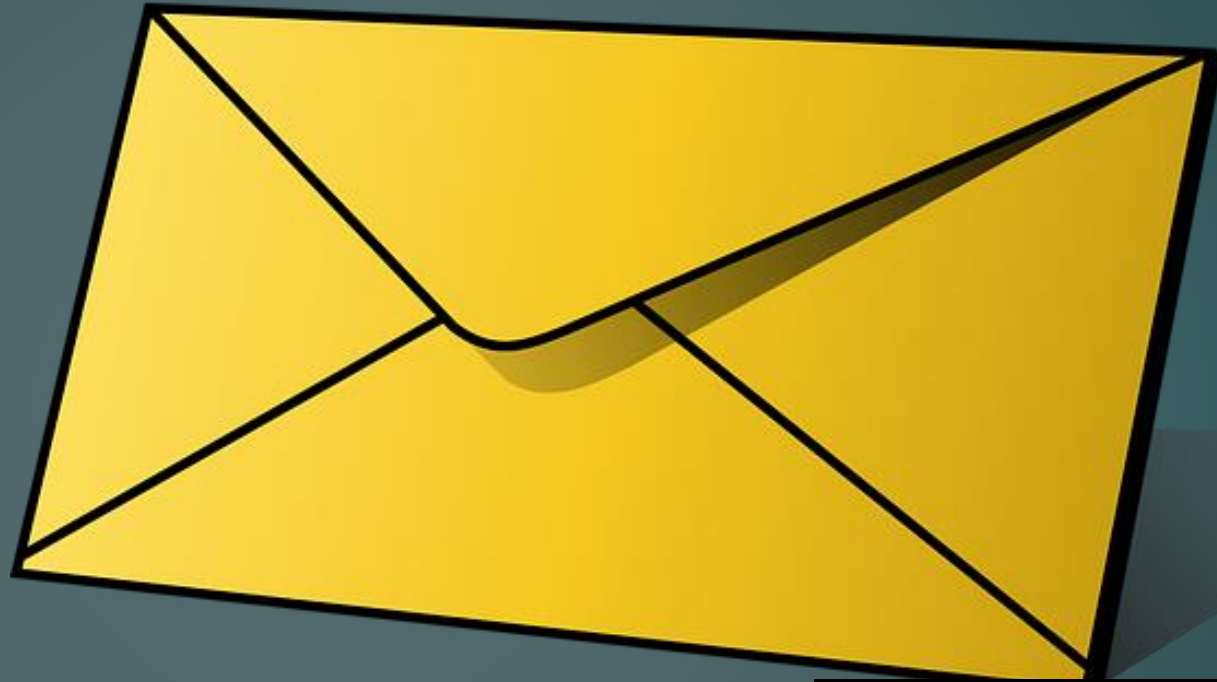


CENTRAL CONCEPT OF PERSONAL TRANSFORMATION WEEK 27 HOMEWORK: 3X5 CARD – READ ONCE DAILY

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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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

