

# **ANGEL WING'S ONLINE PERSONAL TRANSFORMATION PROGRAM (WEEK # 34)**

**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.
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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

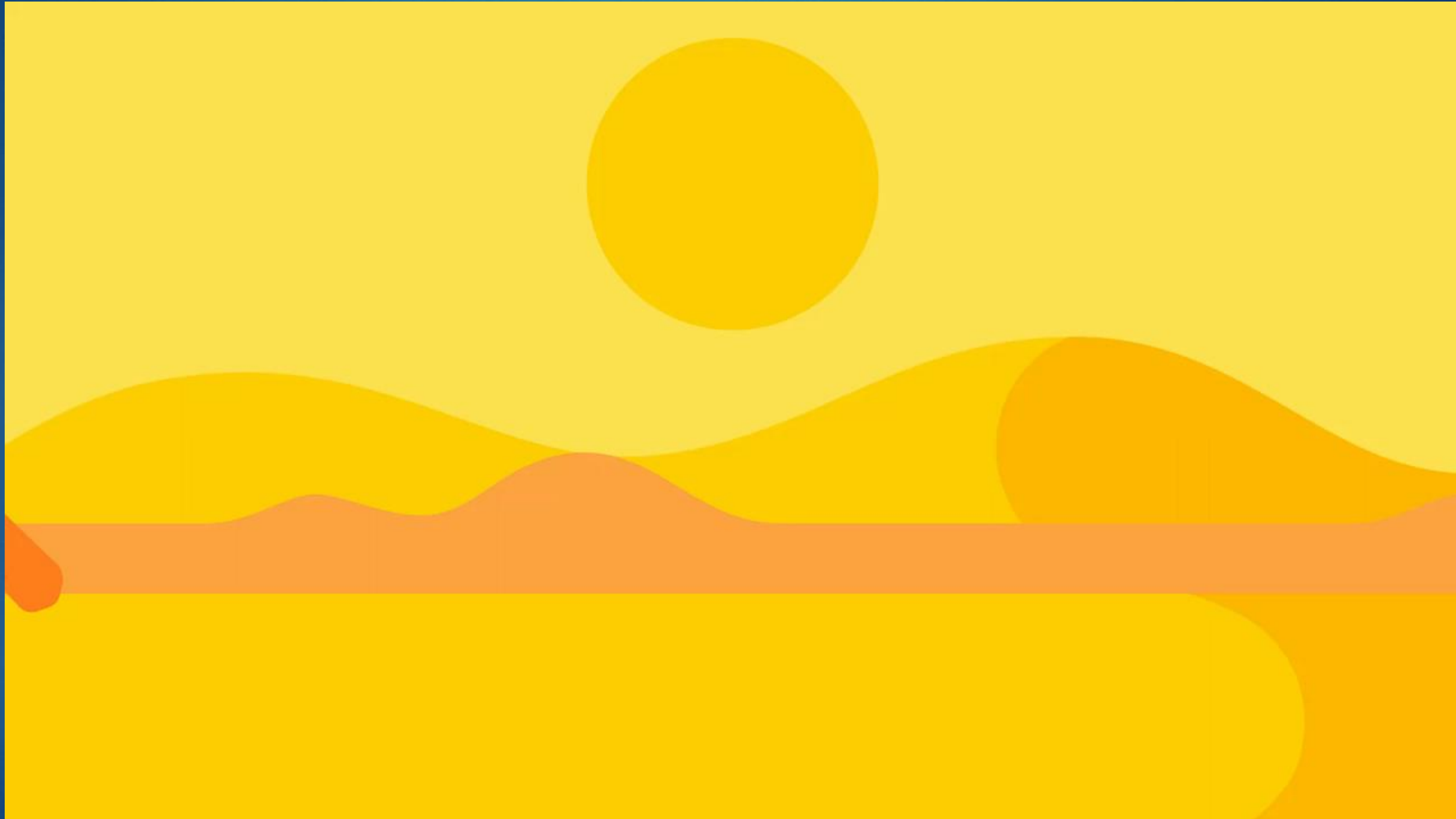
# MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK  
CARD PER  
WEEK



# GROUNDING MEDITATION EXERCISE



**WEEK # 34**  
**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 \(CLICK HERE\)](#).



# ENERGY ACTIVATION

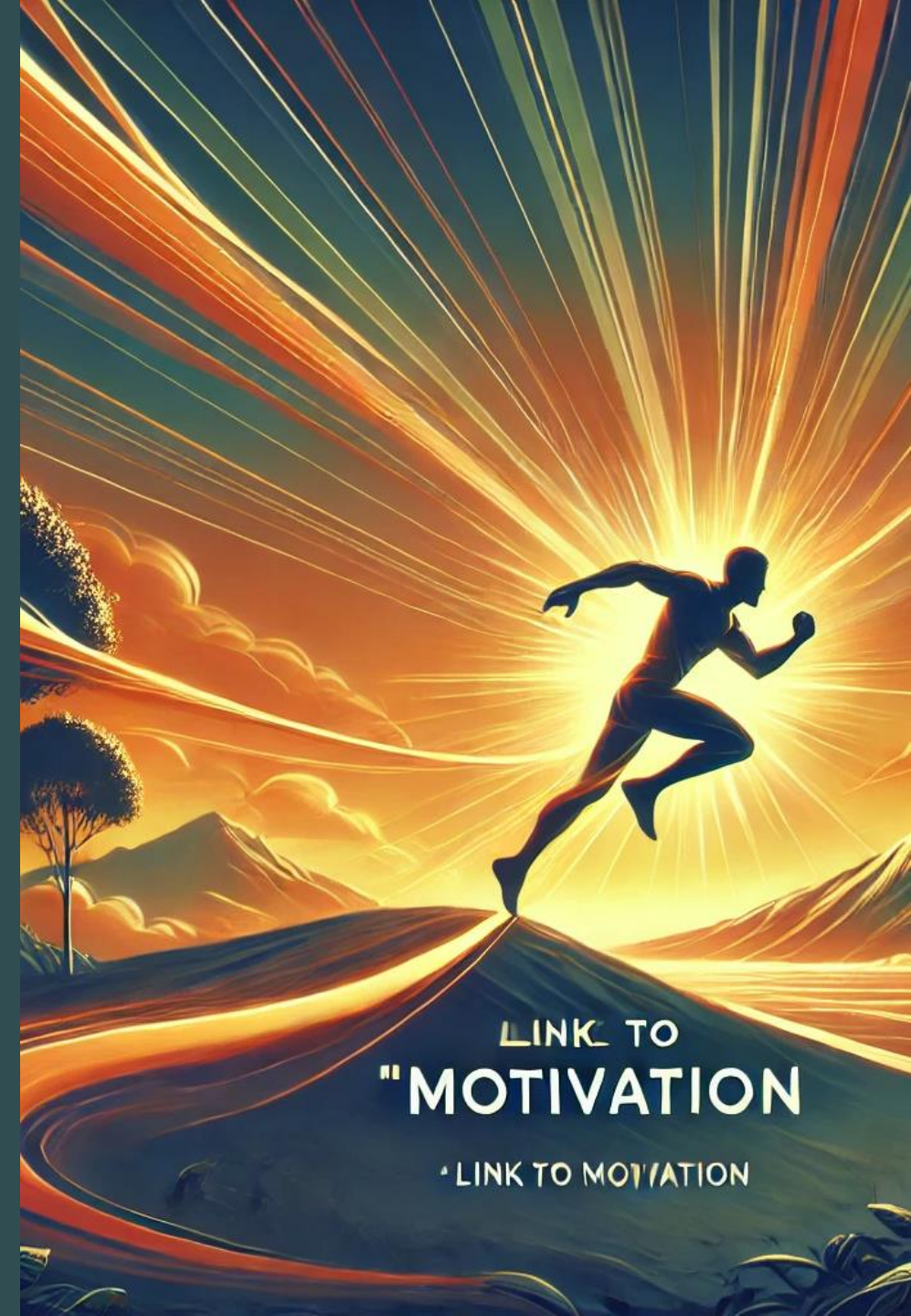
Energy activation refers to the awakening and mobilization of internal energy, often associated with **physical vitality**, **mental clarity**, and **emotional balance**. This energy can be activated through various practices such as meditation, physical exercise, breathing techniques, and mindfulness. When this energy is activated, it creates a state of heightened awareness and readiness, enabling the individual to tap into their full potential.





# LINK TO MOTIVATION

When energy is activated, it fuels motivation. The heightened state of awareness and vitality makes a person more inclined to pursue goals, take action, and overcome obstacles. This energy acts as a driving force, propelling individuals towards their objectives with enthusiasm and determination.



LINK TO  
"MOTIVATION"

• LINK TO MOTIVATION



# HEIGHTENED MOTIVATION

Motivation is the internal drive that compels individuals to take action towards achieving their goals. When motivation is **heightened**, individuals experience a strong sense of purpose and direction, making it easier to stay focused and committed.





## LINK TO CREATIVITY

Heightened motivation often leads to increased **creativity**. When individuals are deeply motivated, they are more likely to engage in creative thinking as they seek innovative solutions to problems or explore new ideas. Motivation energizes the mind, encouraging exploration and experimentation, which are key to the creative process.





# CREATIVITY

Creativity is the ability to generate new and original ideas, solutions, or expressions. It is often sparked by a combination of inspiration, curiosity, and the willingness to take risks. Creativity thrives in an environment where energy is high, and motivation is strong.



# LINK TO RESILIENCE

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Creativity contributes to resilience by providing individuals with the tools to adapt to challenges and setbacks. When faced with difficulties, creative thinking allows individuals to see possibilities and alternatives, enabling them to find ways to overcome obstacles and bounce back from adversity.





# RESILIENCE

Resilience is the capacity to recover quickly from difficulties and adapt to change. It is built through experiences of overcoming challenges and maintaining a positive outlook despite setbacks.







# LINK TO ENERGY ACTIVATION

Resilience is closely linked to energy activation because maintaining a high level of energy is crucial for bouncing back from adversity. When individuals have activated their internal energy, they are better equipped to handle stress, maintain emotional balance, and stay focused on their goals, all of which are essential components of resilience.



# INTERACTION BETWEEN THESE ELEMENTS

These elements interact in a dynamic and synergistic way. Activated energy serves as the foundation that fuels heightened motivation, which in turn stimulates creativity. Creativity helps individuals navigate challenges, contributing to their resilience. Resilience then feeds back into energy activation by reinforcing the individual's ability to stay strong, focused, and energized in the face of challenges. This cycle continues, promoting ongoing personal growth and self-mastery.

In summary, energy activation initiates a **positive feedback loop** where heightened motivation, creativity, and resilience continually reinforce each other, leading to a more balanced, productive, and resilient life.



# QUICK MOVEMENT BREAK - STANDING STRETCHES & MOVEMENTS



*KeenanWell*

A Keenan Solution

# OPEN WORKBOOK # 2

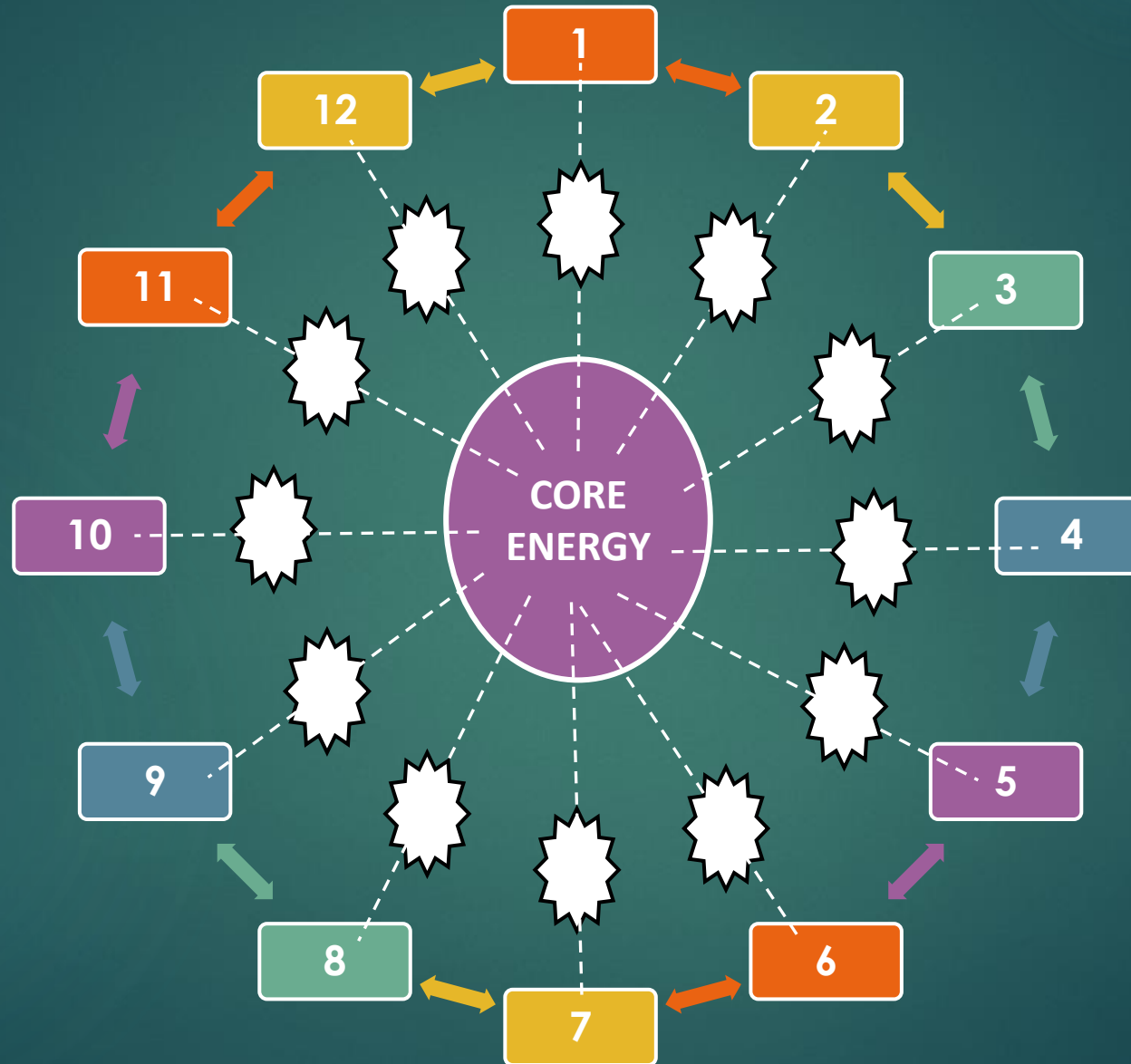
## (12 DIMENSION SELF-ASSESSMENT)



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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 # 34 – START A SYSTEMATIC STUDY OF PSYCHOLOGY TO UNDERSTAND ONE’S MIND**

- ▶ This principle encourages individuals to engage in a structured exploration of psychological concepts and theories to gain deeper insight into their own thoughts, behaviors, and emotions. This principle emphasizes the importance of self-awareness and mental clarity through disciplined learning. By systematically studying psychology, one can develop a more profound understanding of the mind, leading to personal growth and self-mastery.







- 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

# INTRODUCTION TO THE SYSTEMATIC STUDY OF PSYCHOLOGY

**Title:** Importance of a Structured Approach to Understanding the Mind

- **Overview:** Psychology is the scientific study of the mind and behavior. Engaging in a systematic study helps individuals understand the complexities of their thoughts, emotions, and behaviors.
- **Key Idea:** A structured approach to studying psychology allows for deep exploration and insight into one's mental processes.
- **Focus:** The importance of structured learning in psychology for self-awareness and mental clarity.
- **Image Suggestion:** A mind map with branches representing different areas of psychology, such as cognitive, behavioral, and emotional aspects.



# PATHWAY TO PERSONAL GROWTH AND SELF-MASTERY

**Title:** Psychology as a Tool for Personal Growth and Self-Mastery

- **Personal Growth:** Understanding psychological principles can lead to significant personal growth by identifying and overcoming mental and emotional barriers.
- **Self-Mastery:** Through disciplined learning and application of psychological concepts, individuals can achieve self-mastery, controlling their thoughts, emotions, and behaviors.
- **Conclusion:** Systematic study of psychology not only enhances self-understanding but also empowers individuals to live more fulfilling lives.
- **Image Suggestion:** A staircase leading upwards with each step labeled with terms like "Growth," "Awareness," "Mastery," culminating in a figure at the top with arms raised in triumph.

# BENEFITS OF SELF-AWARENESS AND MENTAL CLARITY

**Title:** Enhancing Self-Awareness through Psychological Study

- **Self-Awareness:** By studying psychology, individuals gain a better understanding of their own mind, leading to increased self-awareness.
- **Mental Clarity:** Structured psychological study aids in achieving mental clarity, helping to manage thoughts and emotions more effectively.
- **Application:** Discuss how self-awareness and mental clarity contribute to better decision-making, stress management, and overall well-being.
- **Image Suggestion:** A silhouette of a person with a bright light around the head, symbolizing clarity and enlightenment.



## **CENTRAL CONCEPT OF PERSONAL TRANSFORMATION WEEK 34 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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# 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

