

ANGEL WING'S ONLINE SELF- MASTERY & PERSONAL (QUANTUM) TRANSFORMATION PROGRAM

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

Developed by: The Angel Wing, LLC

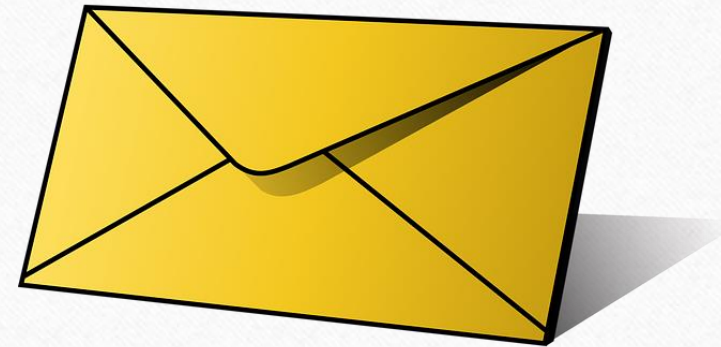
Presented by: Angel Wing Presenters

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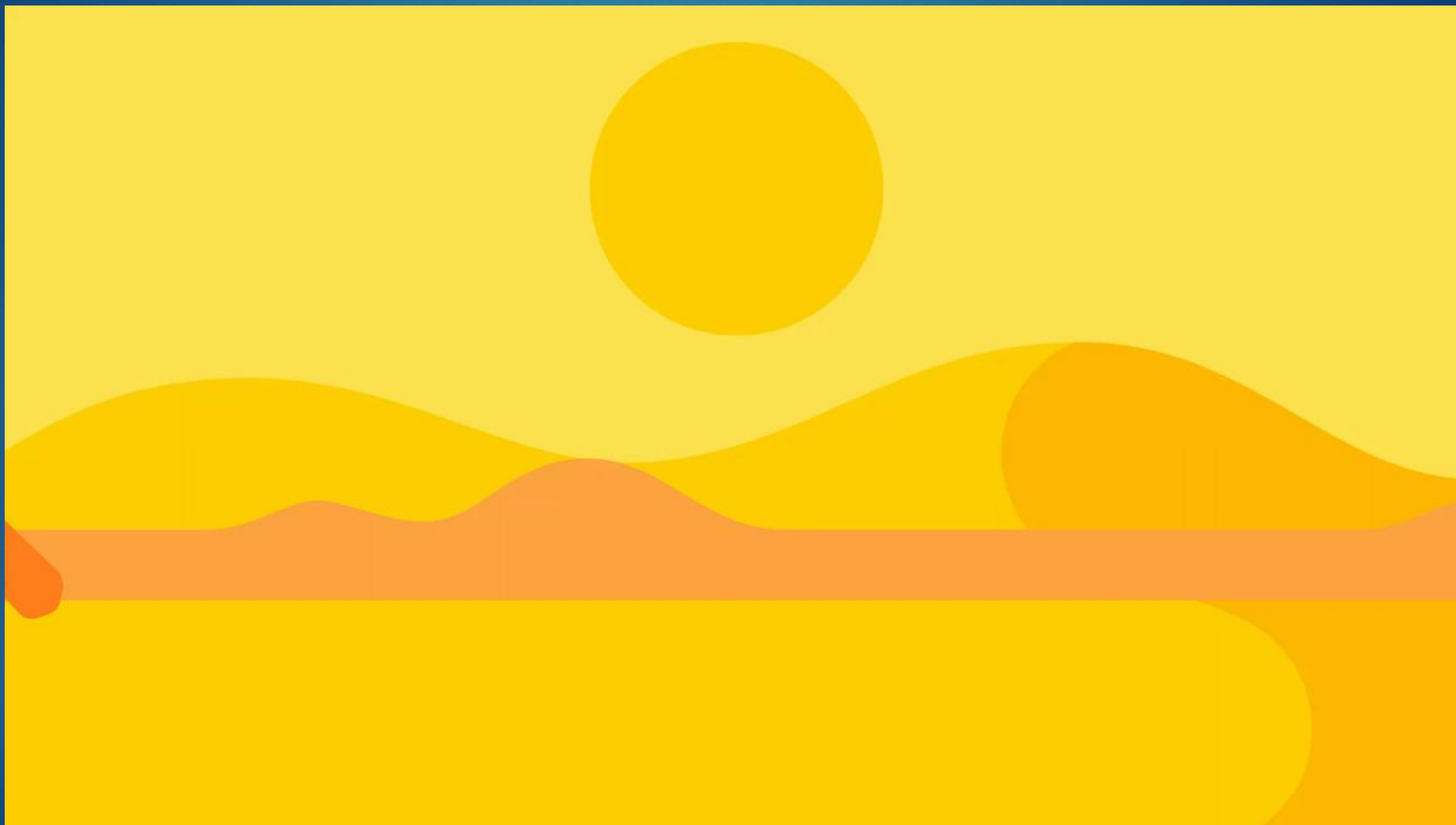
MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK
CARD PER
WEEK



GROUNDING MEDITATION EXERCISE



WEEK # 11
ONLINE WORKSHOP BEGINS
NOW...

QUICK REVIEW FROM WEEK # 10

PRINCIPLE # 10 – ATTENTION

- **Attention is a fundamental cognitive process that enables individuals to selectively focus on specific aspects of their internal or external environment while filtering out irrelevant information. The ability to effectively manage one's attention is crucial for personal growth, as it allows individuals to engage fully with their experiences, maintain focus on their goals, and navigate complex social situations.**



**WEEK# 10 HOMEWORK
DID YOU DO IT?**

QUICK REVIEW OF CENTRAL CONCEPT (7 POINTS)



LET'S BREAK IT DOWN

(Verbal Exercise)

**(Workbook # 1:
Written Exercise)**

*** I AGREE**

*** I DISAGREE**

*** I PARTIALLY AGREE**

*** I AM NOT SURE**

*** I DON'T UNDERSTAND**

1) Human mind is characterized by intricate workings and endless complexities (___)

2) Mind requires substantial energy to function (___)

3) Energy can be drained by personal conflicts, both internal and external (___)

4) Steps can be taken to reduce and eliminate unnecessary energy dissipation (___)

5) Revitalized energy permeates every aspect of life, including the 12 dimensions (___)

6) **Unobstructed and undisturbed energy flow creates a powerful foundation for limitless possibilities (___)**

7) Energy Flow: Allows for the realization of potential in various aspects of life (___)

~ WRITE THE FOLLOWING SENTENCE IN YOUR WORKBOOK # 1

UNOBSTRUCTED AND UNDISTURBED ENERGY FLOW CREATES A POWERFUL FOUNDATION FOR LIMITLESS POSSIBILITIES

- Concept of Energy Flow: In many philosophies and sciences like physics, biology, and even metaphysics, energy flow refers to the continuous movement and exchange of energy from one system or object to another. It's like how sunlight (energy) is absorbed by plants (a system) in photosynthesis, or how electricity (energy) moves from an outlet (a system) to power a laptop.
- Personal Energy Flow: Just like in the examples above, we can also apply the concept of energy flow to our own bodies and minds. Think about your "energy" as your ability to think, create, and act. If this personal energy flows smoothly, without any blocks (like stress or negative thoughts), and isn't disturbed (by distractions or interruptions), then it forms a strong foundation for you to perform at your best. This means you could potentially do anything you set your mind to - study better, create amazing art, excel at sports, and much more! That's the power of having an unobstructed and undisturbed energy flow.

MAPPING YOUR PERSONAL ENERGY FLOW: A CREATIVE VISUALIZATION EXERCISE



MATERIALS:



**PAPER (A4 SIZE OR
LARGER)**



**COLORED PENCILS
OR MARKERS**

CHANNELING THE RIVER: A GUIDED VISUALIZATION EXERCISE FOR UNDISTURBED ENERGY FLOW

(ONLINE & HOMEWORK – WEEK # 11 – EXERCISE)

- **Objective:** This exercise aims to visualize and channel your personal energy for a clear, focused mind. It will help you understand and create a metaphorical representation of your undisturbed energy flow.

MATERIALS

- ▶ A blank piece of paper (A4 size or larger)
- ▶ A set of color pencils, markers, or paint
- ▶ A quiet, comfortable place where you can focus without interruptions



INSTRUCTIONS

Setting up: Find a quiet and comfortable place where you won't be disturbed. Take a few moments to calm your mind and prepare yourself for this exercise. You might want to do some deep breathing exercises or a brief meditation to set the mood.

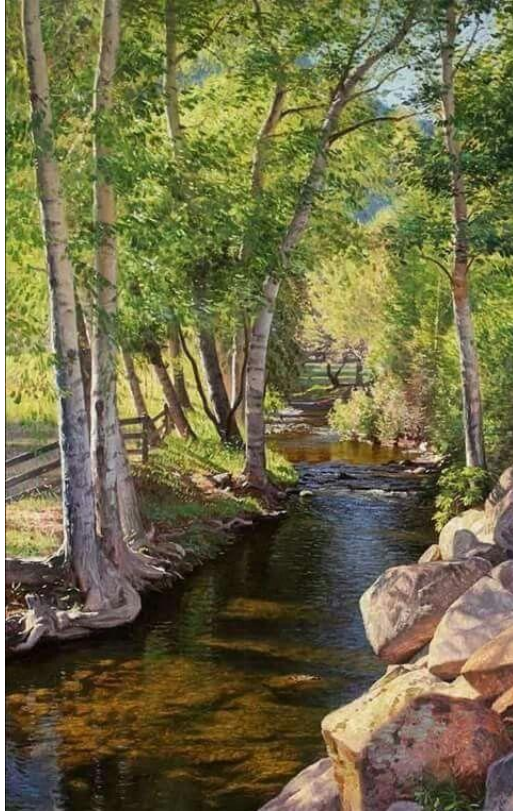




INITIAL VISUALIZATION

- Close your eyes and imagine a stream of water flowing downhill. Visualize the clear, undisturbed water moving steadily without any obstacles in its path. Try to picture the details - the smooth surface of the water, the shimmering reflections, the peaceful rhythm of the flow.

PERSONAL ENERGY STREAM



- Now, transition this image to a representation of your energy. Imagine this stream as your personal energy flow. Consider what it might look like, feel like, and sound like if your energy were flowing as undisturbed as this stream. How would it impact your thought process? Your emotions? Your focus?

DRAWING THE FLOW

- Open your eyes and draw the undisturbed stream on your paper, using any colors and techniques you feel represent this visualization. Consider using gentle, curving lines to represent the smooth and undisturbed flow of your energy.

ADDING ELEMENTS

Within the stream, you can add elements that represent your thoughts, emotions, and focus when your energy is flowing undisturbed. These could be symbolic (like a light bulb for ideas or a heart for emotions) or abstract (like color gradients or shapes). Be creative and intuitive.





REFLECTION

- When you finish your drawing, take a moment to reflect on the image. Does it capture what you imagined? What does the image tell you about your ideal state of undisturbed energy flow? How can you aim to achieve this state in your daily life?

- **Powerful Foundation:** When energy flow is both unobstructed and undisturbed, it creates a strong, stable base or foundation. This is important in many aspects of life. For instance, an athlete needs a healthy, obstruction-free circulatory system (powerful foundation) to perform at their peak level. Similarly, a student with a clear and focused mind (undisturbed energy flow) can learn and understand new concepts better.
- **Limitless Possibilities:** This powerful foundation of unobstructed and undisturbed energy flow can pave the way for endless opportunities and possibilities. In terms of personal development, when our mental and physical energy flows smoothly, we can achieve greater creativity, productivity, and overall well-being. When applied to technology or science, unobstructed and undisturbed energy flow can lead to innovations and breakthroughs. For example, efficient energy transfer in machines or systems can enhance their performance and open up new possibilities for their application.

QUICK MOVEMENT BREAK - STANDING STRETCHES & MOVEMENTS



OPEN WORKBOOK # 2 (12 DIMENSION SELF-ASSESSMENT)



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.

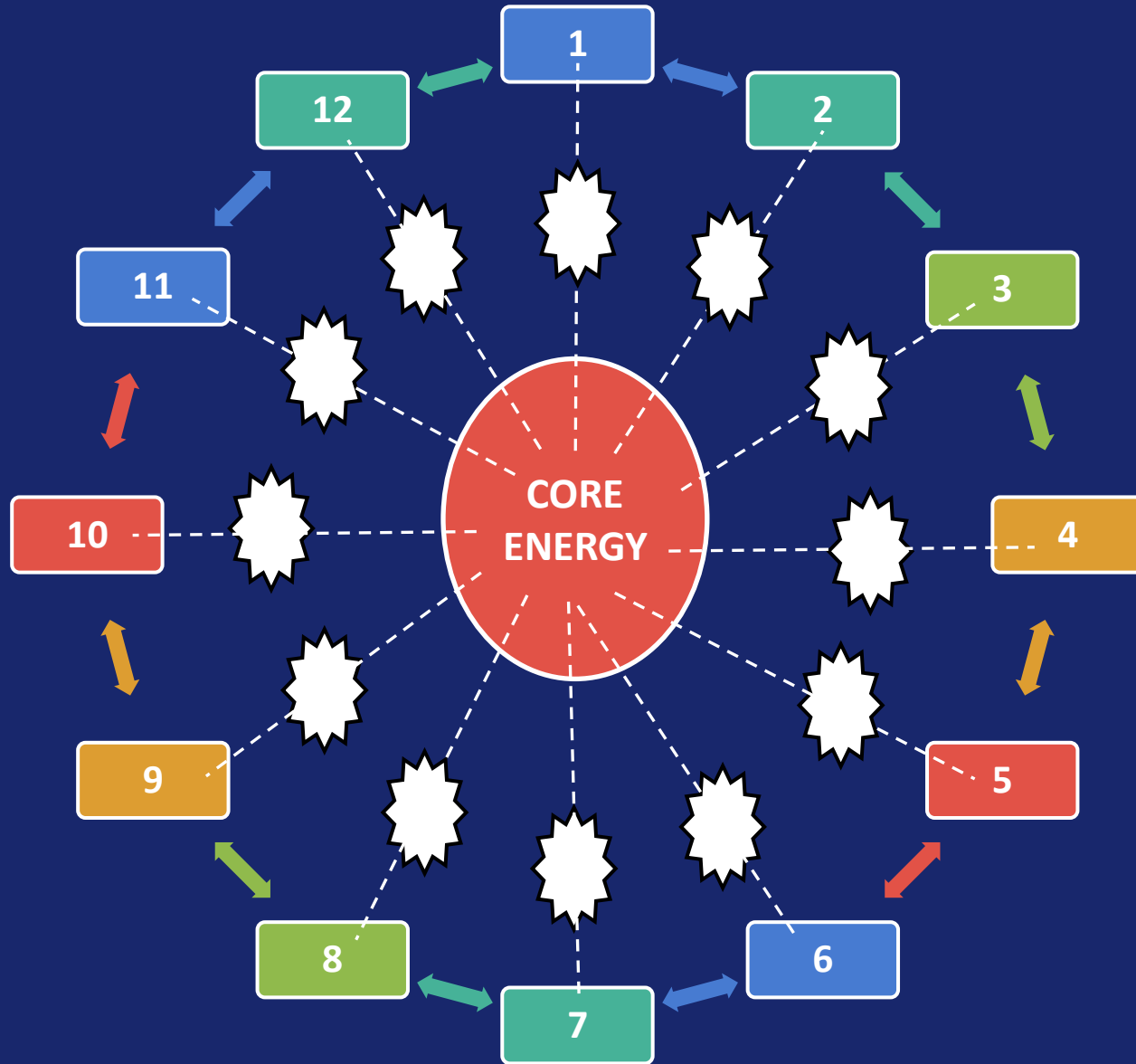
DIMENSION # 9 Recreation and leisure: This area relates to your hobbies, interests, and recreational activities.

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)

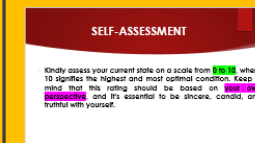
- * Focuses on physical surroundings and living conditions
- * Involves home, neighborhood, and community

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

WRITE SPECIFIC STEPS TO BE TAKEN... (REVIEW OF HOMEWORK – WEEK # 10)

- FROM WEEK 3: In Workbook #2, write 1 to 12. (Put today's date). Write one simple sentence, from your own perspective, a sentence about how to increase each self-assessment number and to prevent the decrease of each number. (Let's do this one at a time.)

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -
- 6 -
- 7 -
- 8 -
- 9 -
- 10 -
- 11 -
- 12 -



ADD ALL THE NUMBERS TOGETHER

1 – (5)

2 – (4)

3 – (7)

4 – (6)

5 – (8)

6 – (3)

7 – (4)

8 – (7)

9 – (9)

10 – (2)

11 – (4)

12 – (5)

Total: 64

**MAXIMUM
TOTAL = 120
(GOAL: 84 OR
MORE, WEEK TO
WEEK = 70%
LEVEL OF
BALANCE)**

DOWNWARD STEPS	ORIGINAL VALUE	10% REDUCTION	NEW VALUE
0	120	12	108
1	108	11	97
2	97	10	87
3	87	9	77
4	79	8	71
5	71	7	64
6	64	6	57
7	57	5.7	52
8	52	5.1	46
9	46	4.6	42
10	42	4.1	38
11	38	3.7	34
12	34	3.4	31
13	31	3.1	27
14	27	2.7	25
15	25	2.5	22
16	22	2.2	20
17	20	2.0	18
18	18	1.8	16
19	16	1.6	14
20	15	1.5	13

WRITE SPECIFIC STEPS TO BE TAKEN... (WEEK # 9: HOMEWORK)

- In **Workbook #2**, write 1 to 12. (Put today's date). Write one simple sentence, from your own perspective, a sentence about how to increase each self-assessment number and to prevent the decrease of each number. (By the end of tomorrow, write these sentences and apply in the week.)

1 -
2 -
3 -
4 -
5 -
6 -
7 -
8 -
9 -
10 -
11 -
12 -



WEEKLY TRACKING WORKSHEET

Date of Completion: _____

Instructions: For each dimension, rate your self-assessment on a scale of 0 to 10 (0 being a completely low level and 10 being the highest possible level).

Dimensions:	Rating (0-10)
1. Career	
2. Finances	
3. Physical Health	
4. Mental Health	
5. Family and Relationships	
6. Social Life	
7. Personal Development	
8. Spiritual Life	
9. Recreation and Leisure	
10. Environment	
11. Contribution to Society	
12. Life Vision	

12 DIMENSIONS - TRACKING SHEET

	WEEK # 1	WEEK # 2	WEEK # 3	WEEK # 4	WEEK # 5
<u>Dimensions</u>	Rating (0-10)	Rating (0-10)	Rating (0-10)	Rating (0-10)	Rating (0-10)
1. Career					
2. Finances					
3. Physical Health					
4. Mental Health					
5. Family and Relationships					
6. Social Life					
7. Personal Development					
8. Spiritual Life					
9. Recreation and Leisure					
10. Environment					
11. Contribution to Society					
12. Life Vision					
WEEKLY TOTAL:	0	0	0	0	0



DIMENSION # 6
SOCIAL LIFE

DIMENSION # 6

Social life: This area relates to your social interactions and connections, including your participation in social activities and events.

CIRCLES OF CONNECTION: A CREATIVE MAPPING EXERCISE FOR YOUR SOCIAL LIFE

- **Objective:** This exercise is designed to help you visualize and examine your social life, your interactions and connections with others, and your participation in social activities. It is also a fun and insightful way to understand the balance and distribution of your social engagements.

MATERIALS

- A large piece of paper (A3 size would be ideal)
- Different colored pens, pencils, or markers
- A quiet space with minimal distractions

STEPS 1 - 3



1) Preparation: Find a quiet, comfortable space where you can focus and spread out your materials. Take a moment to center yourself, perhaps with a few deep breaths or a short meditation.



2) Mapping Social Connections: Draw a circle in the center of your paper and write your name in it. This circle represents you. Around this central circle, draw other circles representing people in your life. These can include friends, family, coworkers, neighbors, etc. The closer the circle is to the central circle, the closer your relationship is with that person.



3) Drawing Interactions: Now, take a different color and start drawing lines between the circles, representing interactions you've had recently. The thickness of the line could represent the frequency of interaction, with thicker lines indicating more frequent contact.

STEPS 4-5

Adding Social Activities: In a different color, draw squares to represent different social activities or events you participate in (clubs, groups, sports, hobbies, etc.). Draw lines connecting you and other people to these activities. Again, the thickness of the line could represent the level of involvement.

Color Coding: If you want, you can also use colors to code different types of interactions (positive, neutral, negative), types of relationships (work, family, friends, etc.), or emotions associated with each connection.

PRINCIPLE # 11 – FORGIVENESS

- **Forgiveness is a conscious, deliberate decision to release feelings of resentment, anger, or vengeance toward someone who has harmed me, regardless of whether they actually deserve my forgiveness. It's not about forgetting the harm done or excusing the actions, but rather finding a way to MOVE PAST the hurt. It's a process that promotes mental and emotional healing and allows me to focus on other, positive aspects of life.**



SENTENCE COMPLETION EXERCISE (HOMEWORK – WEEK # 11)

[THIS EXERCISE IS DESIGNED TO PROMOTE INTROSPECTION AND PERSONAL REFLECTION ON THE CONCEPT AND PRACTICE OF FORGIVENESS.]

- "When I think about forgiveness, the first thing that comes to mind is _____."
- "One situation where I had difficulty forgiving someone was _____, but now I realize _____."
- "Releasing feelings of resentment and anger towards someone who harmed me could look like _____."
- "To move past the hurt I experienced, one step I can take is _____."
- "Focusing on the positive aspects of life after forgiveness would mean for me _____."

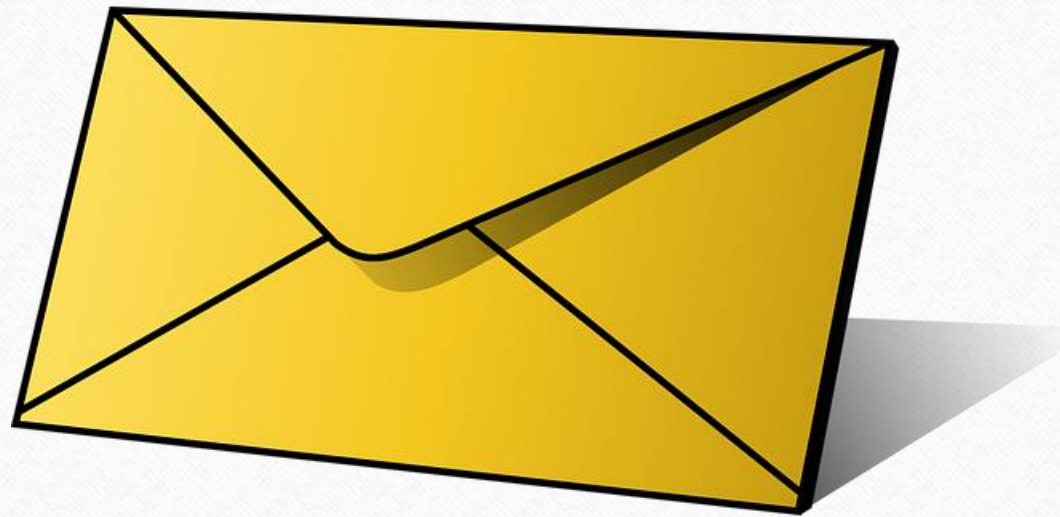


CENTRAL CONCEPT OF PERSONAL TRANSFORMATION

WEEK 11 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)



NEVER GIVE UP

