

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

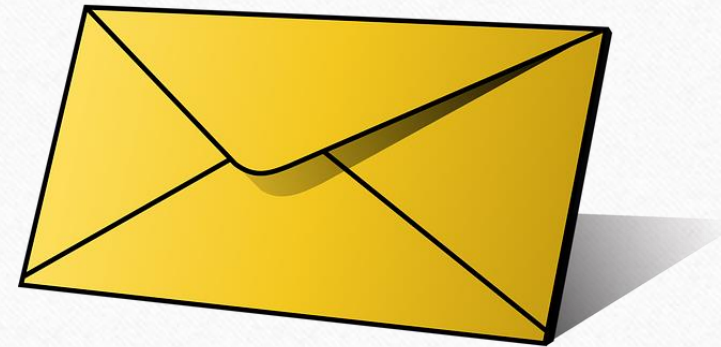
Presented by: Angel Wing Presenters

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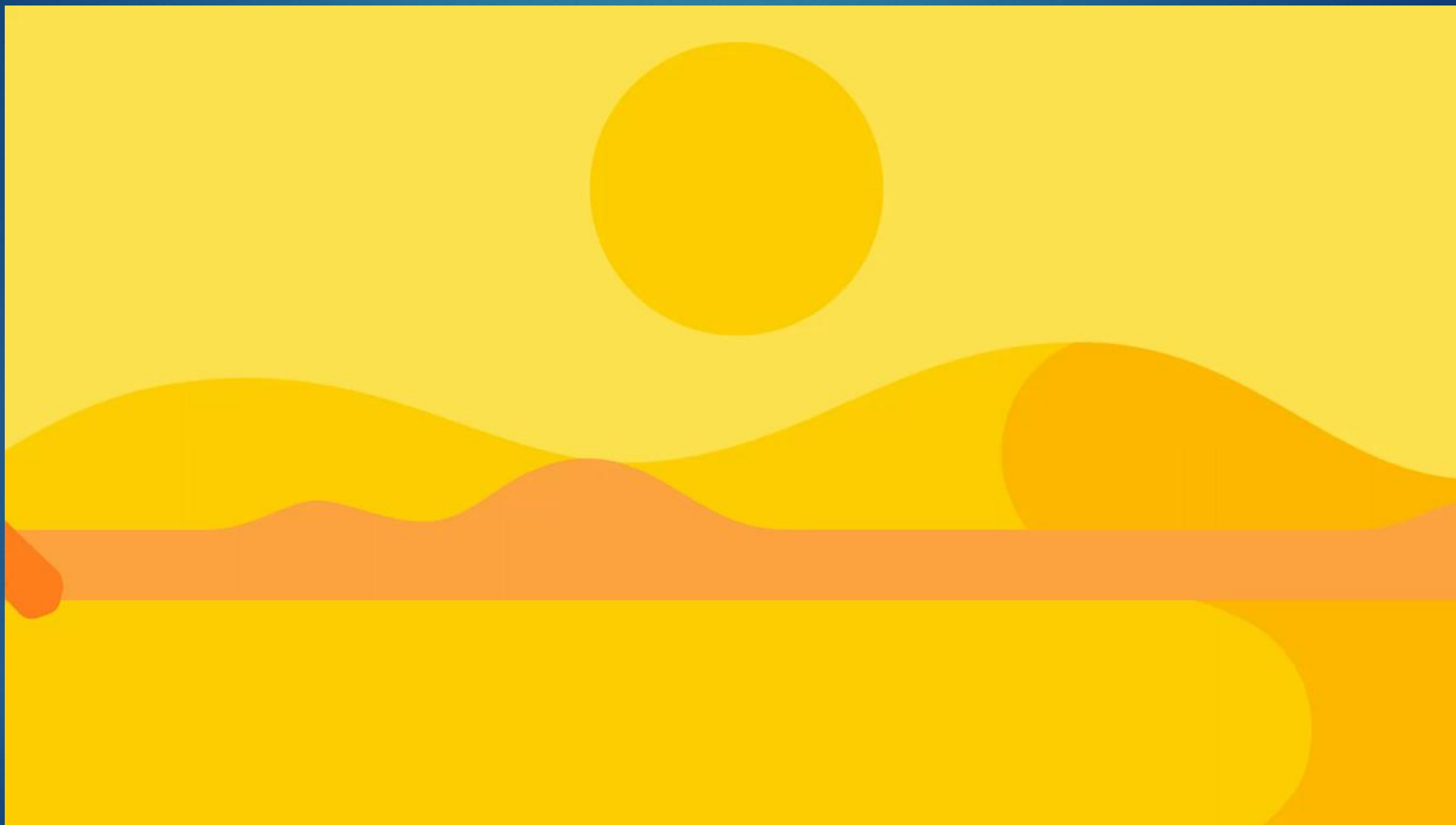
MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK
CARD PER
WEEK



GROUNDING MEDITATION EXERCISE



WEEK # 12
ONLINE WORKSHOP BEGINS
NOW...

QUICK REVIEW FROM WEEK # 11

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.**



**WEEK# 11 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 (___)**

**ENERGY FLOW: ALLOWS FOR THE
REALIZATION OF POTENTIAL IN
ALL ASPECTS OF LIFE**



**FINANCIAL WISDOM
THROUGH AWAKENED
INTELLIGENCE: A
PICTORIAL JOURNEY**



MATERIALS NEEDED

- **Drawing paper (preferably A3 or larger for ample space)**
- **Pencils, erasers**
- **Colored pencils or markers**
- **Ruler (for organizing the sections)**

STEP 1: UNDERSTANDING CONCEPTS

- **Before we start, we will spend a few minutes discussing or reading about awakened intelligence and the responsible use of money.**





DEFINING AWAKENED INTELLIGENCE

- **The concept of awakened intelligence, emphasizes its holistic approach, which includes cognitive, emotional, and spiritual dimensions. Highlight how this deeper awareness and understanding can foster a more mindful and ethical approach to various aspects of life, including financial decisions.**



UNDERSTANDING RESPONSIBLE MONEY MANAGEMENT

- **Let's segue into a vital aspect that many of us grapple with - the judicious utilization of financial resources. Understanding the nuances of financial literacy, which spans across prudent budgeting, systematic saving, thoughtful investing, and generous philanthropy, is paramount.**
- **As we delve deeper, you'll notice that these elements resonate well with the principles of awakened intelligence. This interconnectedness suggests that by fostering a heightened level of awareness, we can navigate the financial terrains more consciously and make decisions that are not only economically sound but also ethically grounded. Let's explore how we can channel this awakened intelligence in making financially wise choices.**

THREE EXAMPLES OF BEST USE OF MONEY

- 1. Investing in Education:** Utilizing money to further one's education or skill set can be a highly beneficial use of funds. This could be seen in enrolling in courses to develop new skills or further existing ones, thereby enhancing personal growth and potentially leading to better job opportunities in the future.
- 2. Emergency Savings:** Setting aside a portion of one's earnings into an emergency savings fund is a prudent use of money. This fund can act as a financial cushion in times of unexpected events such as medical emergencies, home repairs, or sudden job loss, helping to prevent debt accumulation and financial stress.
- 3. Supporting Community Initiatives:** Contributing to community initiatives or local charities can be a noble use of money. This could be seen in supporting local food banks, community centers, or educational programs that aim to uplift the community and provide assistance to those in need, fostering a spirit of cooperation and mutual growth.

USE

- **Scenario:**
- **Imagine an individual who is adept at managing their finances responsibly. Picture them budgeting their resources diligently, contributing to charitable causes, and channeling funds towards personal development and eco-friendly initiatives.**
- **Exercise:**
- **Now, I'd like you all to sketch this scenario on a piece of paper. Try to encapsulate the essence of growth and giving in your drawing.**
- **Symbolism:**
- **To help convey this message more strongly, incorporate symbols that resonate with growth and enlightenment. You might consider drawing plants to represent organic growth, a brain to symbolize the knowledge acquired through education and personal growth, and hands to depict the act of giving or philanthropy.**
- **Take a few minutes to create your visualization, and once done, we'll share our drawings with the group to foster a deeper understanding and discussion around these concepts.**



MISUSE

- **Scenario:** Illustrate an individual indulging in impulsive buying, accumulating debt, and prioritizing material possessions.
- **Symbolism:** Use symbols like broken piggy bank representing financial instability, chains representing debt, and heaps of unnecessary goods.

MISUSE

SCENARIO

Picture an individual caught in the cycle of impulsive buying, where they continually accumulate debt and prioritize acquiring material possessions over financial stability.

EXERCISE

To deepen our understanding of this situation, I'd like you to jot down a brief narrative or a scene description that captures this scenario. Use vivid imagery and try to bring to life the consequences and the emotional toll this kind of behavior can have on an individual.

SYMBOLISM

In your narrative, incorporate symbols that paint a vivid picture of this situation. You might use imagery such as a shattered piggy bank to represent financial instability, chains to depict the binding nature of debt, and mountains of unnecessary goods to showcase the overwhelming nature of materialistic desires.

Take a few moments to craft your narrative. Afterward, we will share and discuss our stories, delving into the deeper implications of such behavior and how one might navigate away from such a path.

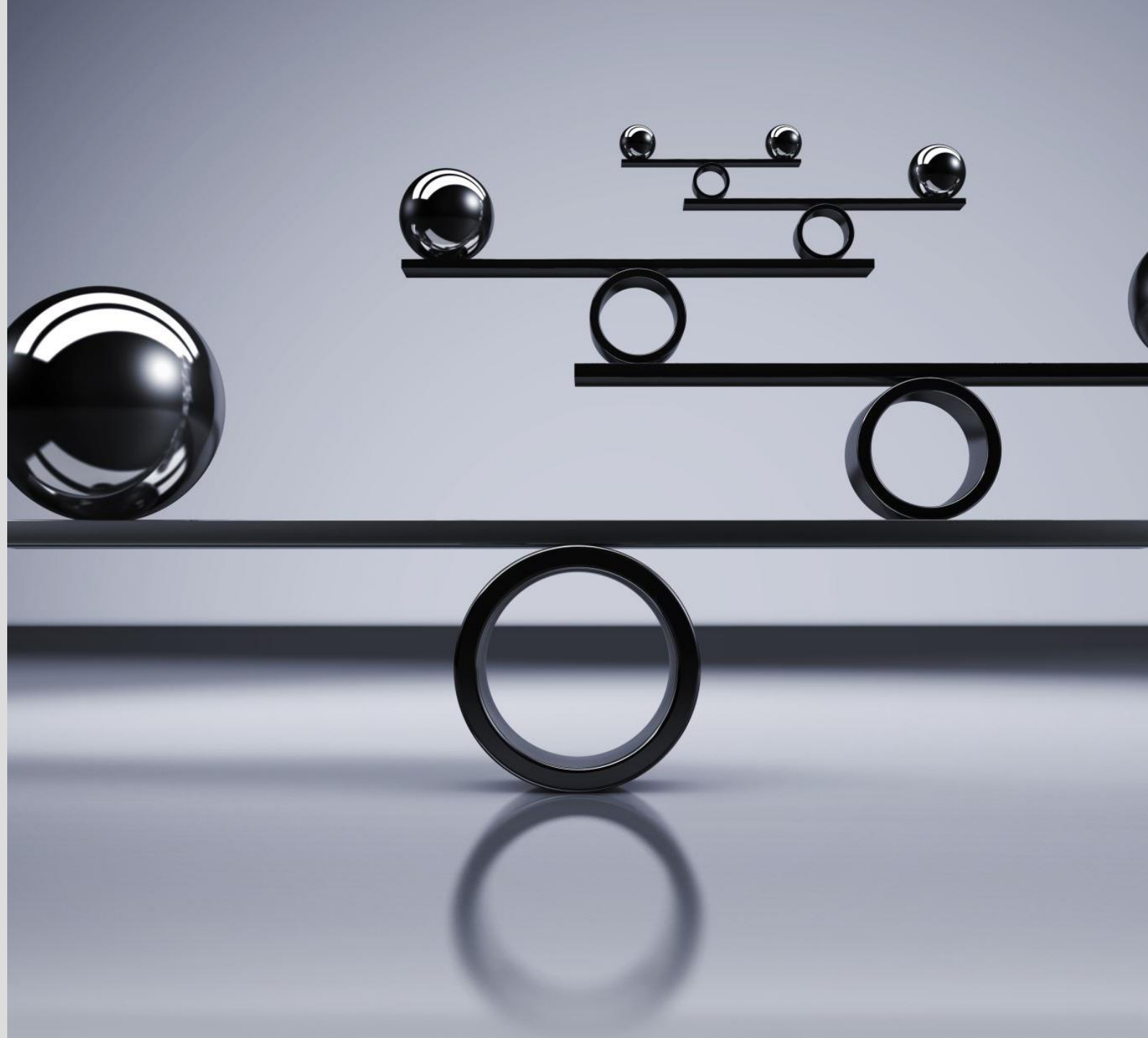


ABUSE

- **Scenario:** Showcase extreme cases like financial scams, theft, or exploiting others for money.
- **Symbolism:** Symbols like a masked person representing fraud, a person with many strings controlling others indicating manipulation, and signs of poverty and distress depicting exploitation.

**STEP 4: REFLECTION
AND CONNECTION
WITH AWAKENED
INTELLIGENCE**

- **At the bottom of the paper, draw a separate section where you can reflect on how the principles of awakened intelligence can guide one to make ethical and conscious money choices. Draw symbols of awakening such as an enlightened person, balanced scales, or a harmonious circle representing the cycle of giving and receiving.**



STEP 5: DISCUSSION AND SHARING

- After completing the drawing, encourage participants to share their drawings and reflect on the insights they gained from this exercise.
 - (DO THIS WITH ACCOUNTABILITY PARTNERS)



CONCLUSION

As we conclude this exercise, let's gather our thoughts and insights to discuss awakened intelligence's pivotal role in steering our financial choices toward fostering a society that thrives on harmony and equity.

You'll find that this exercise goes beyond just nurturing creativity; it catalyzes critical analysis and deeper contemplation on a topic of significant relevance in our lives. Let's pool in our reflections and see how we can integrate awakened intelligence into our financial journeys to create a positive social ripple effect.

Looking forward to a rich and engaging discussion!

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.

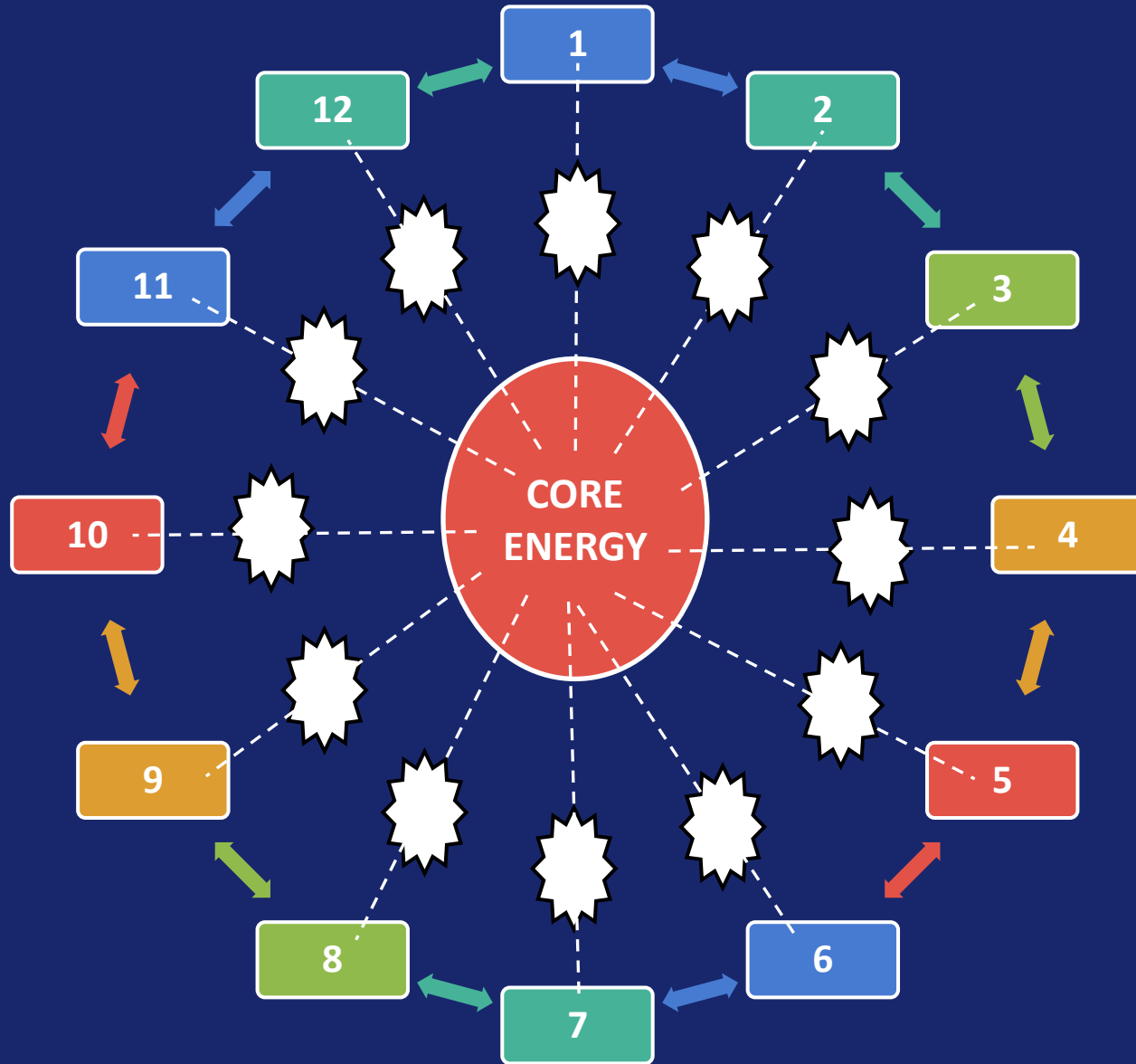
DIMENSION # 9 Recreation and leisure: This area relates to your hobbies, interests, and recreational activities.

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)

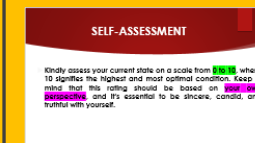
- * Focuses on physical surroundings and living conditions
- * Involves home, neighborhood, and community

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 # 11: 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

PRINCIPLE # 12 – AWAKENED INTELLIGENCE

- **Awakened intelligence refers to an evolved state of mind where an individual can tap into deeper levels of awareness and understanding, transcending the limits of conventional intellectual abilities. This form of intelligence integrates various dimensions including cognitive, emotional, and spiritual aspects, fostering a holistic and enlightened approach to perceiving and interacting with the world. It often involves a conscious effort to cultivate mindfulness, emotional understanding, and a deeper, more connected sense of insight into oneself and the surrounding world.**

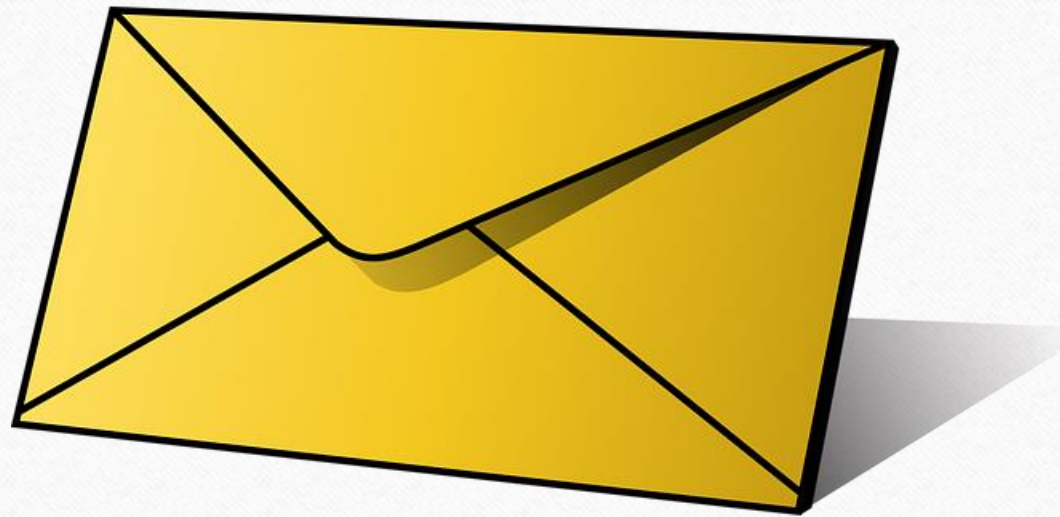


CENTRAL CONCEPT OF PERSONAL TRANSFORMATION

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)



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.

NEVER GIVE UP

