

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

DISCLAIMER # 1

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

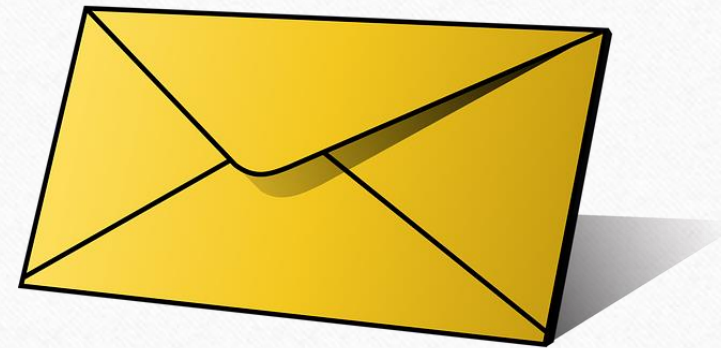
DISCLAIMER STATEMENT FOR ANGEL WING, LLC'S QUANTUM TRANSFORMATION PROGRAM

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

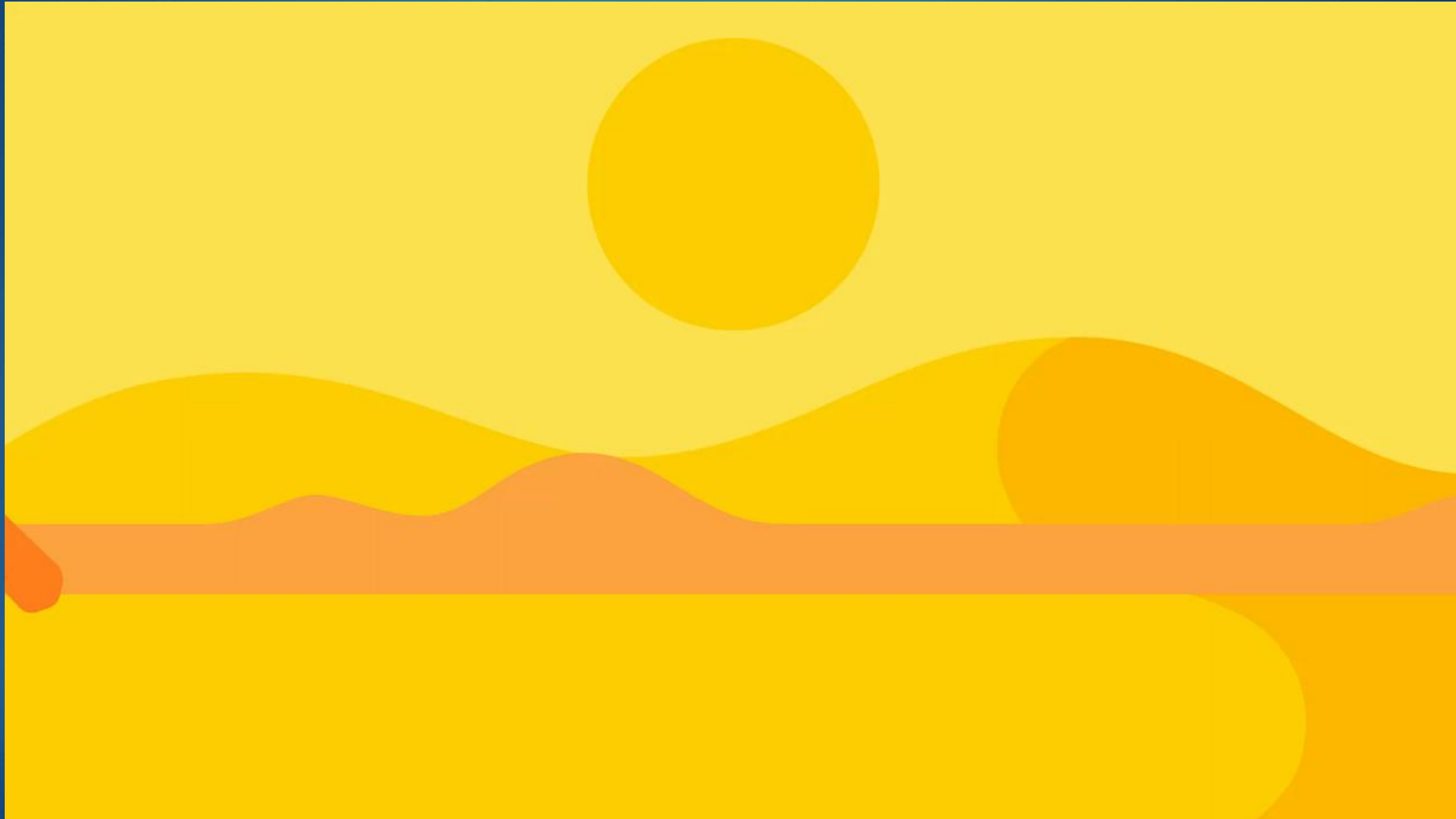
MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK
CARD PER
WEEK



GROUNDING MEDITATION EXERCISE

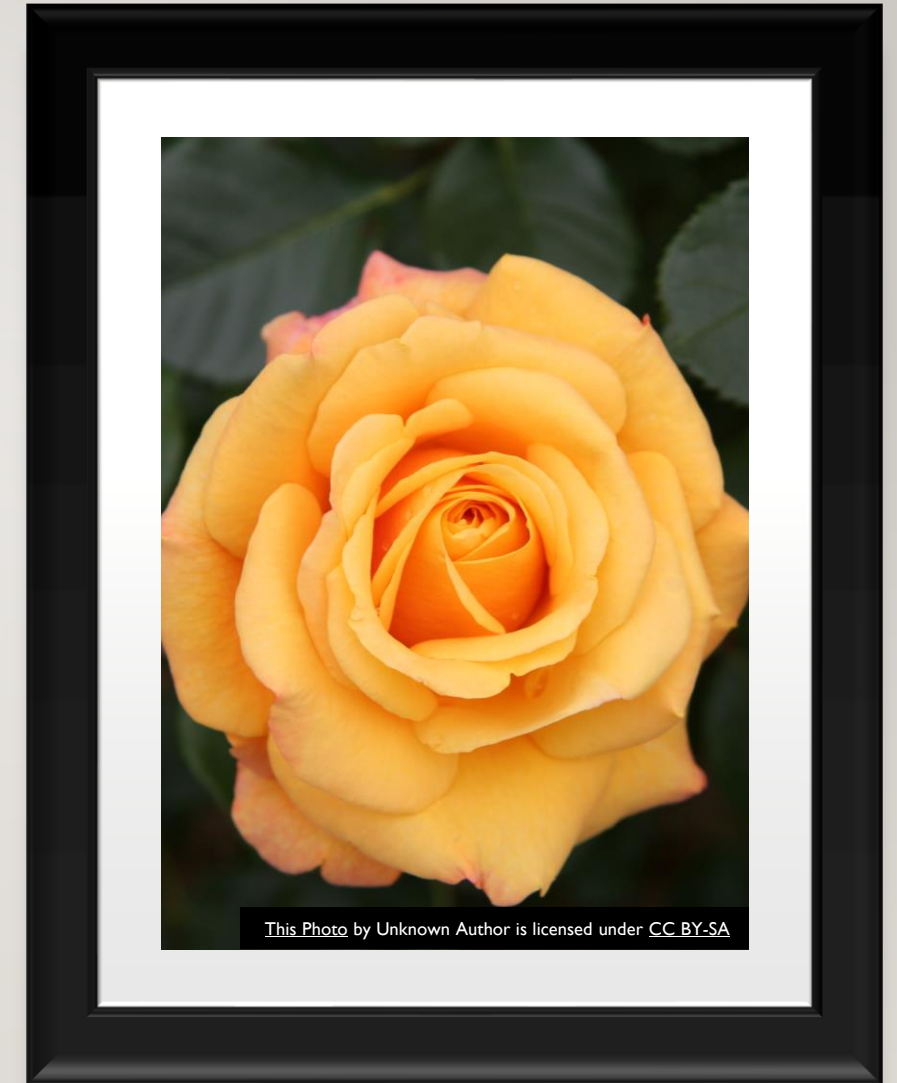


WEEK # 13
ONLINE WORKSOP BEGINS
NOW...

QUICK REVIEW FROM WEEK # 12

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.**



**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**

DEAR WORKSHOP PARTICIPANTS

- Today, we embark on a visual exploration to perceive money from a more holistic lens, blending financial insights with elevated awareness. Through evocative imagery and succinct narratives, we invite you to witness money not merely as a transactional tool, but as a catalyst that can empower and manifest our life's deepest desires and aspirations.





MATERIALS NEEDED

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

HARMONIZING WEALTH AND WELL-BEING: THE ENLIGHTENED PATH TO FINANCIAL FULFILLMENT





NATURE'S BALANCE: THE ESSENCE OF MINDFUL WEALTH

CULTIVATING FINANCIAL HEALTH THROUGH INTRINSIC VALUES

- **Image:** A serene landscape with mountains in the background, a calm lake reflecting the sky, and a single tree.
- **Title:** Financial Wisdom through Awakened Intelligence
- **Main Concept:** Using Money as a Vitamin for Life

INTRODUCTION

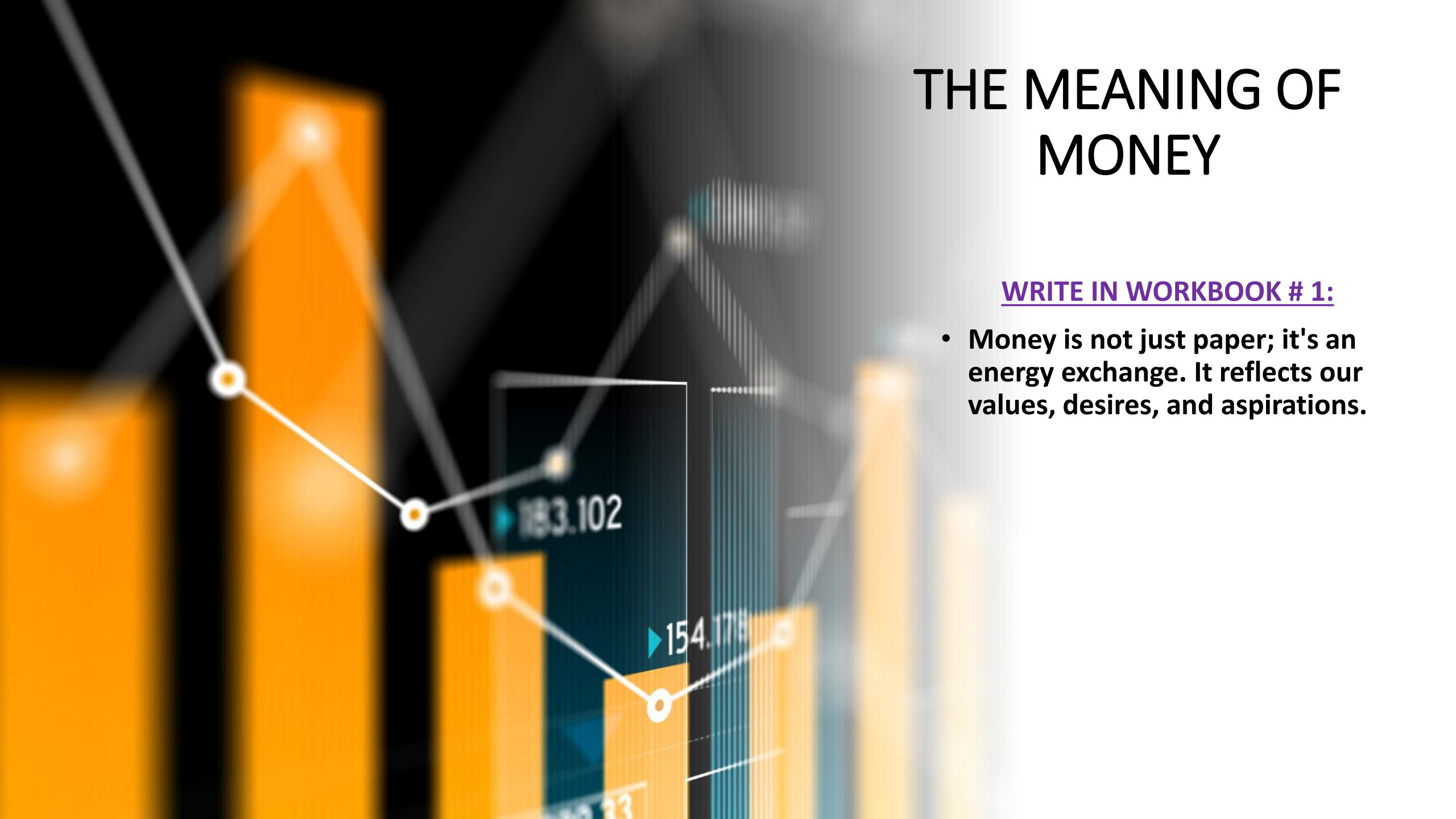
- To understand money is to understand its role in our lives. Let's explore how awakened intelligence can guide us.



THE MEANING OF MONEY

WRITE IN WORKBOOK # 1:

- Money is not just paper; it's an energy exchange. It reflects our values, desires, and aspirations.



MISUSE AND ABUSE OF MONEY

WRITE IN WORKBOOK # 1:

- Misusing money can drain life's vitality. Like a vitamin overdose, too much or too little can harm.



THE CONCEPT OF MONEY AS A VITAMIN

WRITE IN WORKBOOK # 1:

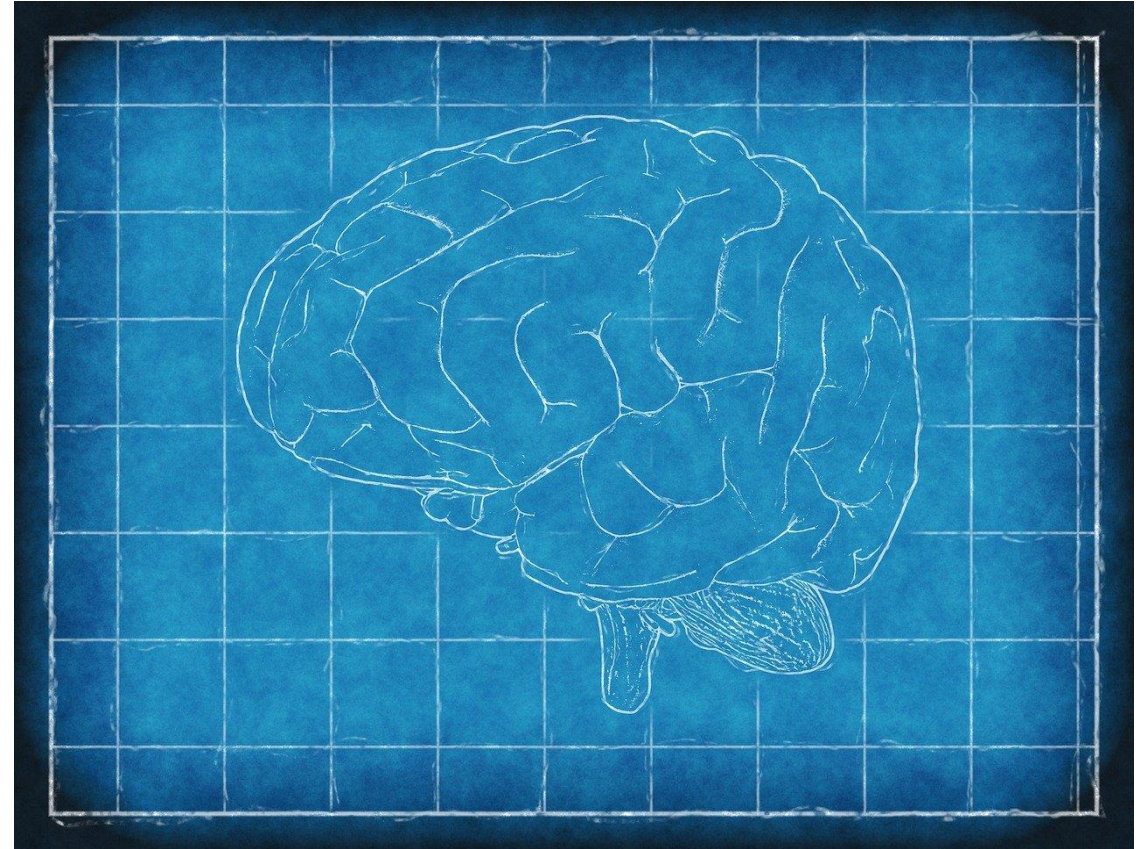
- Money, when used judiciously, nurtures our goals, dreams, and ambitions. It energizes life.



AWAKENED INTELLIGENCE

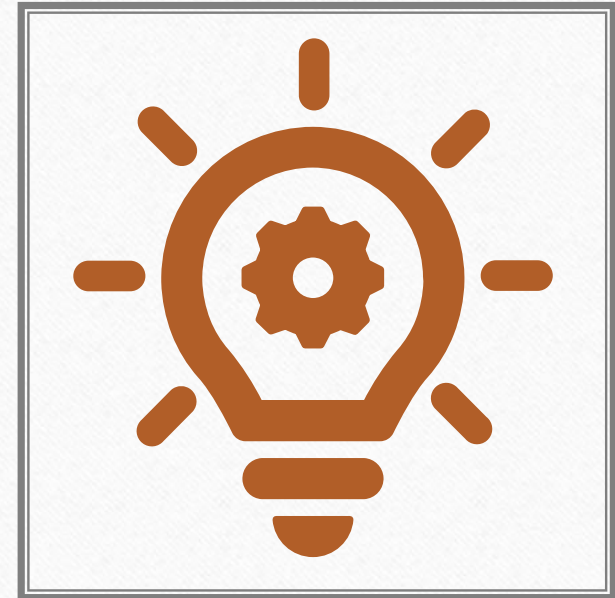
WRITE IN WORKBOOK # 1:

- It's not about how much we have, but how we use it. Awakened intelligence helps us spend, save, and invest with clarity.



DRAWING EXERCISE: CLARITY JAR VISUALIZATION

- Objective: To create a visual representation of the idea: "It's not about how much we have, but how we use it. Awakened intelligence helps us spend, save, and invest with clarity."



DRAWING EXERCISE: CLARITY JAR VISUALIZATION

- **Objective:** To create a visual representation of the idea: "It's not about how much we have, but how we use it. Awakened intelligence helps us spend, save, and invest with clarity."
- **Materials Needed:**
 - Drawing paper
 - Pencils, erasers
 - Coloring materials (color pencils, markers, watercolor, etc.)



CENTERED JAR

- Draw a large jar in the center of your paper. This jar represents your life's resources, not just monetary, but time, energy, talents, etc.



DIVIDE THE JAR: SPLIT THE JAR INTO THREE SEGMENTS - "SPEND," "SAVE," AND "INVEST."



a. **Spend:** This segment symbolizes the immediate uses of our resources like daily expenses, experiences, and short-term pleasures.



b. **Save:** Represents the part of our resources we keep for the future, ensuring security and preparedness.



c. **Invest:** This denotes long-term uses of our resources, where we hope to see growth and multiplication, like education, self-growth, and even monetary investments.

**FILL THE JAR:
NOW, IMAGINE
YOU HAVE A
FIXED AMOUNT
OF COLORED
WATER
(REPRESENTED
BY A COLOR OF
YOUR CHOICE).**



Fill the Jar: Now, imagine you have a fixed amount of colored water (represented by a color of your choice).



a. Visualize pouring this water into the jar. How much would you allocate to each segment? Remember, the exercise is about using resources with clarity, not about how much you have.



b. Shade or color the segments based on your visualization.

SURROUNDINGS



Around the jar, draw elements representing factors influencing your spending, saving, and investing decisions. For example, a family might influence saving, while a desire to learn might influence investing in education.



Sketch symbols around the jar showing what impacts your money choices. For instance, your family might push you to save.



Draw items near the jar explaining why you spend, keep, or grow your funds. A learning urge could point to education investments.



Illustrate cues encircling the jar that tell what drives your financial habits. A love for travel could signify spending, for example.

FACTORS INFLUENCING SPENDING

- Immediate Needs:** Rent, recreation, fun food, clothing, and shopping.
- Peer Pressure:** Wanting to keep up with friends or social standards.
- Marketing and Advertising:** Being swayed by commercials, promotions, or sales.
- Emotional State:** Stress, happiness, or sadness can trigger spending.
- Impulse Control:** Preferences like dining out, traveling, or hobbies.
- Access to Credit:** Having credit cards or loans available.
- Financial Education:** Lack of knowledge may lead to wrong spending.

FACTORS INFLUENCING SAVING

- Future Goals:** Retirement like buying a home, traveling, or starting a business.
- Security Needs:** Wanting an emergency fund for unexpected expenses.
- Retirement Planning:** Ensuring comfort in later years.
- Life Events:** Preparing for events like marriage, children, or education.
- Tax Benefits:** Some savings options may offer tax deductions.
- Income Level:** High or consistent income might make it easier to save.
- Cultural Beliefs:** Some cultures prioritize saving as a life value.

FACTORS INFLUENCING INVESTING

- Return Expectations:** Wanting to get significant returns on investments.
- Risk Tolerance:** Willingness to invest in volatile markets or safe bonds.
- Market Knowledge:** Awareness of stock markets, real estate, or other investment avenues.
- Financial Goals:** Seeking passive income or wealth accumulation.
- Tax Implications:** Some investments might have tax advantages.
- Professional Advice:** Recommendations from financial advisors or consultants.
- Market Climate:** The overall state of the economy can influence investment decisions.

FACTORS INFLUENCING SPENDING

Immediate Needs: Basic necessities like food, shelter, and clothing.

Peer Pressure: Wanting to keep up with friends or societal standards.

Marketing and Advertising: Being swayed by commercials, promotions, or sales.

Emotional State: Stress, happiness, or sadness can trigger spending.

Lifestyle Choices: Preferences like dining out, traveling, or hobbies.

Access to Credit: Having credit cards or loans available.

Financial Education: Lack of knowledge may lead to unwise spending.

FACTORS INFLUENCING SAVING

Future Goals: Aspirations like buying a home, traveling, or starting a business.

Security Needs: Wanting an emergency fund for unexpected expenses.

Retirement Planning: Ensuring comfort in later years.

Life Events: Preparing for events like marriage, childbirth, or education.

Tax Benefits: Some savings options may offer tax deductions.

Income Level: High or consistent income might make it easier to save.

Cultural Beliefs: Some cultures prioritize saving as a key value.

FACTORS INFLUENCING INVESTING

Return Expectations: Hoping to get significant returns on investments.

Risk Tolerance: Willingness to invest in volatile markets or safer bonds.

Market Knowledge: Awareness of stock markets, real estate, or other investment avenues.

Financial Goals: Desiring passive income or wealth multiplication.

Tax Implications: Some investments might have tax advantages.

Professional Advice: Recommendations from financial advisors or consultants.

Economic Climate: The overall state of the economy can influence investment decisions.

REFLECTION CLOUD

- In the top right corner, draw a cloud. Inside, write or draw your interpretation of 'Awakened Intelligence'. What does it look like, and how does it guide your decisions?

TITLE AND DATE

- **At the bottom of the page, write "Clarity Jar Visualization - [Date]". This way, you can reflect back on your visualization in the future and see how your priorities and clarity evolve.**

DISCUSSION & REFLECTION:



Once you've completed your drawing, take a moment to reflect:



Are you content with how you've allocated your 'resources'?



How does your 'Awakened Intelligence' guide these decisions?



Are there any areas you want to change or adjust in your real life based on this visualization?



This exercise is designed to offer a visual introspection into how one uses their resources with clarity and intelligence. It's a starting point to conscious decision-making, allowing you to better align your actions with your values and goals.

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.

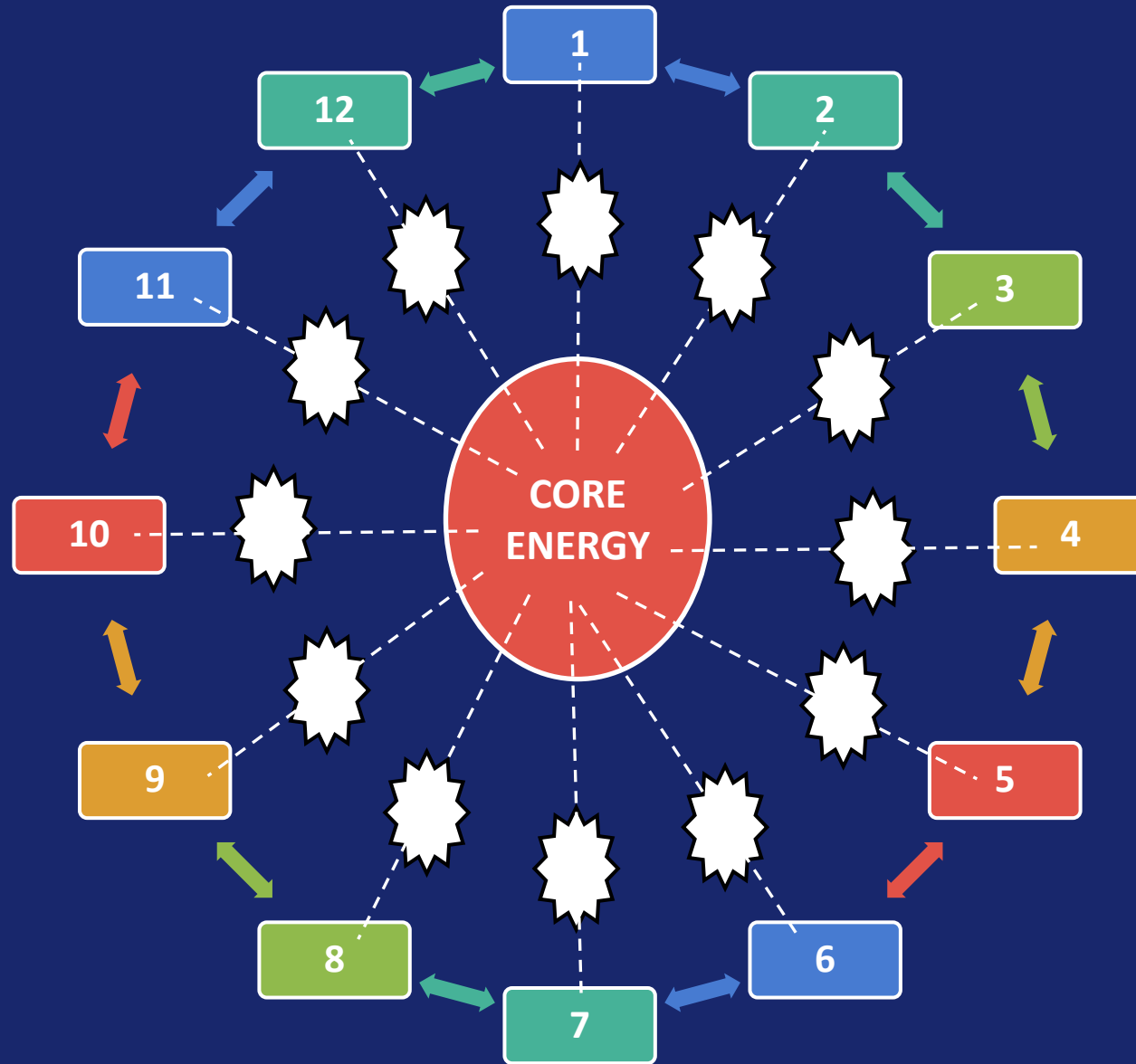
DIMENSION # 9 Recreation and leisure: This area relates to your hobbies, interests, and recreational activities.

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)

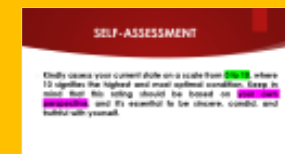
- * Focuses on physical surroundings and living conditions
- * Involves home, neighborhood, and community

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 # 12: 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 # 13 - SINCERITY & CONSISTENT EFFORT IN THE RIGHT DIRECTION

- **Maintaining authenticity and exerting consistent effort are pivotal in personal development and the attainment of one's objectives. Authenticity entails adhering to one's core principles and values with honesty. Persistent effort, on the other hand, underscores the importance of perseverance in the face of challenges while striving for your aspirations.**

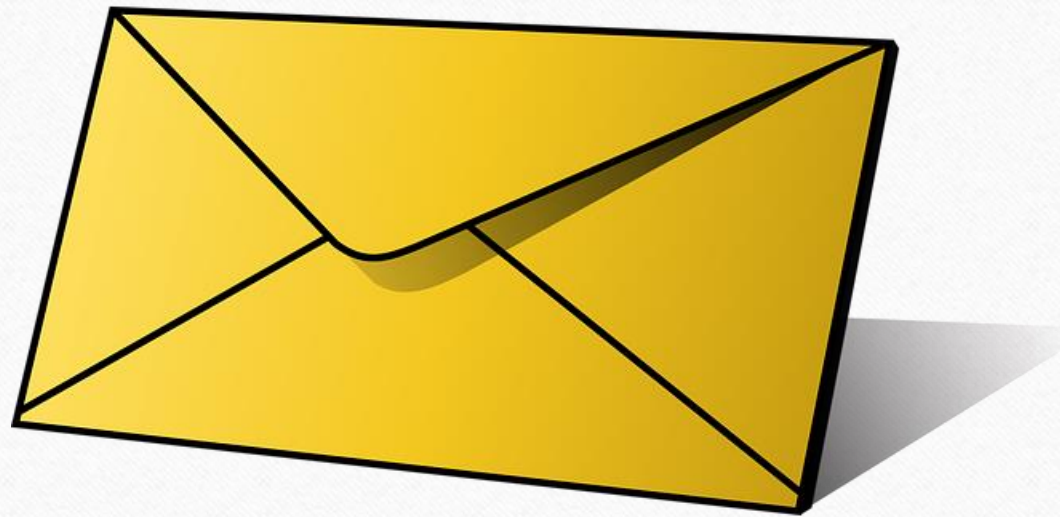


CENTRAL CONCEPT OF PERSONAL TRANSFORMATION

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



Fearless **Soul**

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.

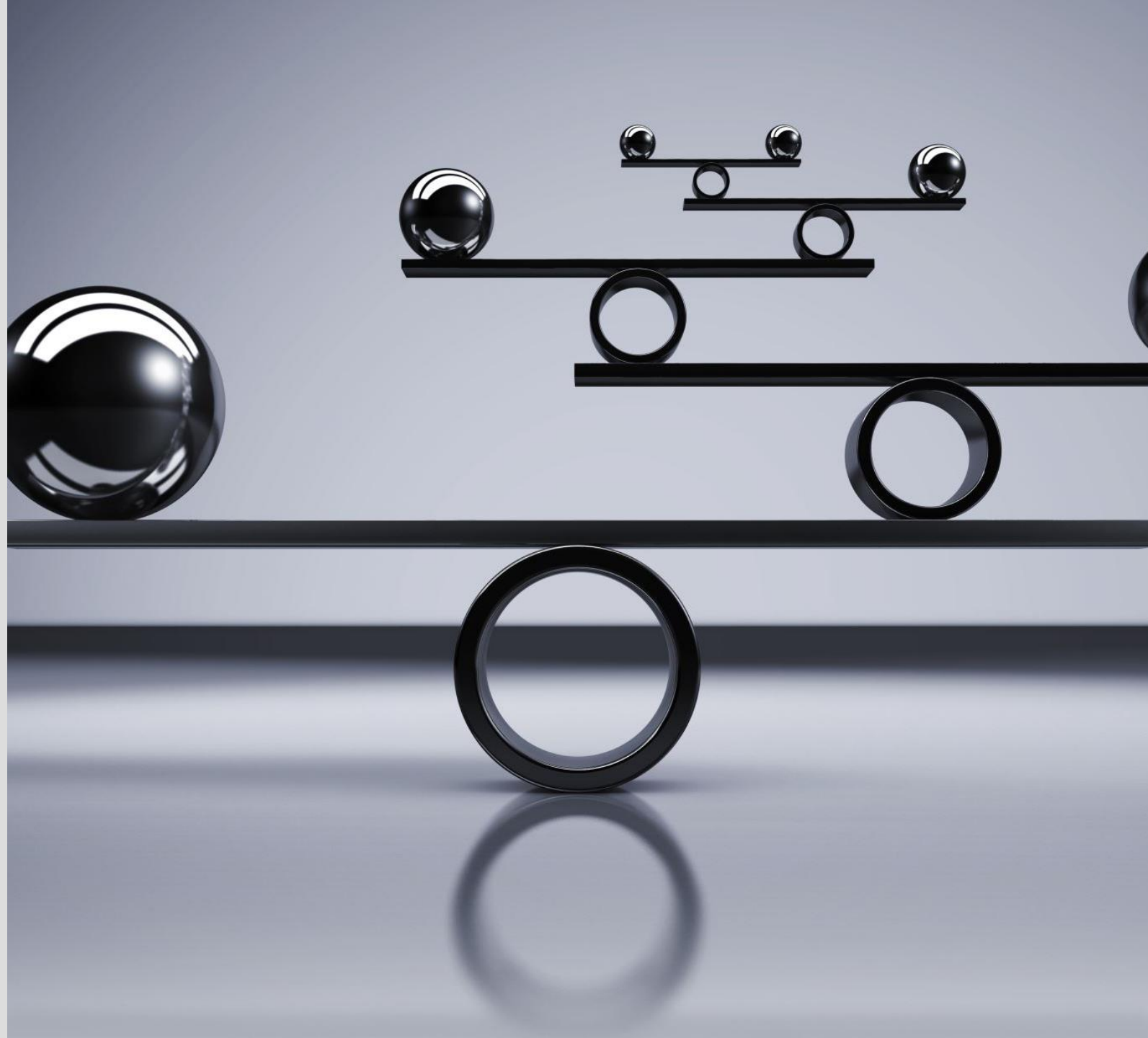


ABUSE

- **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 the participants can reflect on how the principles of awakened intelligence can guide one to make ethical and conscious money choices. Encourage them to 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)



**PLEASE MAKE THE FOLLOWING
DRAWINGS...**

Spending Wisely

Image: A shopping cart with essential items like food, water, and a book.

Text: "Recognize needs vs. wants. Prioritize. Spend in alignment with your values."

Saving Mindfully

Image: A piggy bank under a protective hand.

Text: "Save for the future but live in the present. Balance is key."

Investing Consciously

Image: Seeds being sown in fertile ground, each with a coin inside.

Text: "Invest in opportunities that align with your values and vision. Let your money grow ethically."

The Joy of Giving

Image: Hands offering coins to another pair of hands.

Text: "Sharing wealth is also energizing. Give, not just from your wallet, but from your heart."

Maintaining Financial Health

Image: A balanced scale with coins on one side and a heart on the other.

Text: "Check in regularly. Reassess, realign, and recalibrate your financial journey with your evolving self."

Conclusion

Image: A wide landscape showing the journey from mountains to the sea.

Text: "Money as a Vitamin: Energizing all aspects of life through Financial Wisdom and Awakened Intelligence."

Thank You & Reflection

Image: A calm lake at sunset, reflecting the colors of the sky.

Text: "Thank you for joining this journey. Reflect on how you can use money as a vitamin in your life."

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!