

ANGEL WING'S ONLINE & PERSONAL 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.
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DISCLAIMER # 2

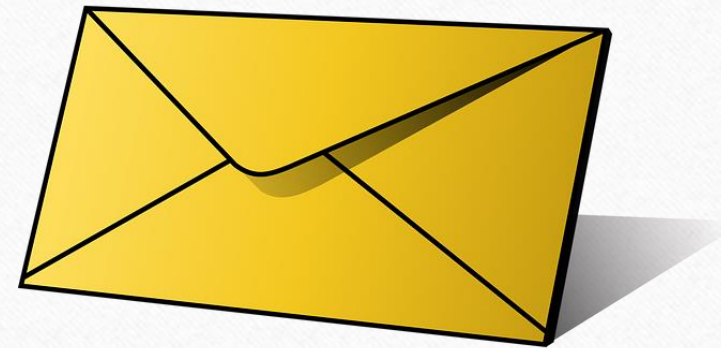
DISCLAIMER STATEMENT FOR ANGEL WING, LLC'S QUANTUM TRANSFORMATION PROGRAM

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

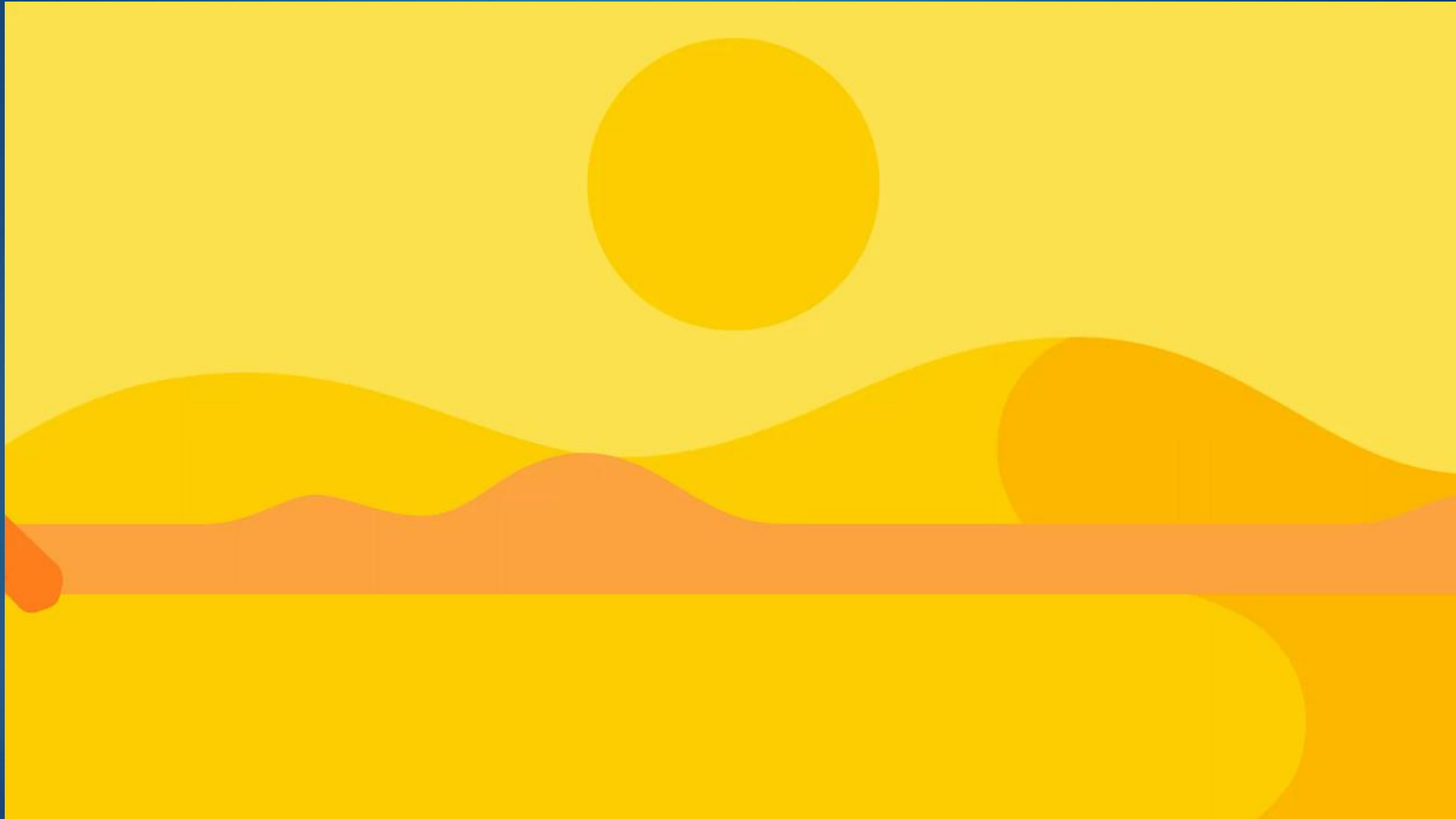
MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK
CARD PER
WEEK



GROUNDING MEDITATION EXERCISE



WEEK # 14
ONLINE WORKSOP BEGINS
NOW...

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 (____)**

REACHING A STATE OF PERSONAL ENERGY BALANCE INVOLVES MANAGING YOUR PHYSICAL, EMOTIONAL, AND MENTAL RESOURCES EFFICIENTLY. HERE ARE 20 KEY POINTS COVERING VARIOUS ASPECTS OF ENERGY BALANCE....

UNDERSTAND MY ENERGY PATTERNS

- Identify times of day when you're most energetic and least energetic. Tailor your activities to match these natural fluctuations, placing the most demanding tasks during your peak energy times.

IDENTIFYING YOUR ENERGY PEAKS AND TROUGHS

- Observe Your Body and Mind: For about a week, pay close attention to how you feel throughout the day. You might notice you're super charged and ready to conquer the world in the morning, or perhaps you find your stride later in the afternoon. It's different for everyone.
- Keep a Simple Log: Jot down your energy levels at different times. You can use a notebook or a note-taking app. Rate your energy on a scale from 1 to 10, where 10 is "I could run a marathon" and 1 is "I need a nap, stat."
- Look for Patterns: After a week, review your notes. You'll likely see patterns emerge. Maybe you're most energetic from 9 AM to 11 AM and then again from 4 PM to 6 PM. These are your prime times.

TAILORING YOUR ACTIVITIES

Match Tasks to Energy Levels: Now that you know when you're at your best (and worst), plan your day accordingly. Put your most challenging tasks—like studying for a big test, working on a project, or practicing a new skill—during your peak energy times.

Handle Lighter Tasks During Off-Peak Times: Save less demanding activities, such as organizing your room, answering emails, or doing light reading, for when your energy dips.

Be Flexible and Adjust: Your energy levels might change over time or be influenced by different factors like diet, exercise, and sleep. Be prepared to adjust your schedule as needed. Maybe you start working out in the morning and find you have more energy in the early hours than you thought.

Prioritize Rest and Recovery: Just as important as knowing when to push hard is recognizing the value of rest. Make sure you're getting enough sleep at night and taking short breaks throughout the day to recharge, especially during your low-energy times.

HERE'S HOW YOU MIGHT APPLY THIS ON A TYPICAL DAY

- Applying It

- Morning (High Energy): Tackle your most challenging homework or study for a test.
- Afternoon (Variable Energy): Depending on when you feel a slump or a second wind, adjust accordingly. Maybe do some reading or group study sessions when you feel up for it.
- Evening (Lower Energy): Wind down with lighter tasks, like planning your week or tidying up your study space. This is also a great time for hobbies that relax you.
- Remember, the goal is to work with your body's natural rhythms, not against them. By aligning your tasks with your energy levels, you'll not only be more productive but also feel better throughout the day.

PRIORITIZE SLEEP

- Quality sleep is fundamental for energy balance. Aim for 7-9 hours per night and maintain a consistent sleep schedule to optimize your body's restorative process.



GETTING GOOD SLEEP

Getting good sleep is like hitting the reset button for your body and brain. It's super important for keeping your energy levels balanced so you can feel awesome and ready to tackle your day. Here's how to make sure you're getting the best sleep possible:

AIM FOR 7-9 HOURS OF SLEEP

- Find Your Sweet Spot: Everyone's a bit different. Some people might feel great on 7 hours, while others might need a solid 9 hours to feel their best. Start with 8 hours as your target and adjust as needed.
- Listen to Your Body: Pay attention to how you feel after different amounts of sleep. If you're groggy and hitting the snooze button on 7 hours, you might need to bump it up. Feeling alert and ready to go? You've found your perfect sleep duration.

KEEP A CONSISTENT SLEEP SCHEDULE

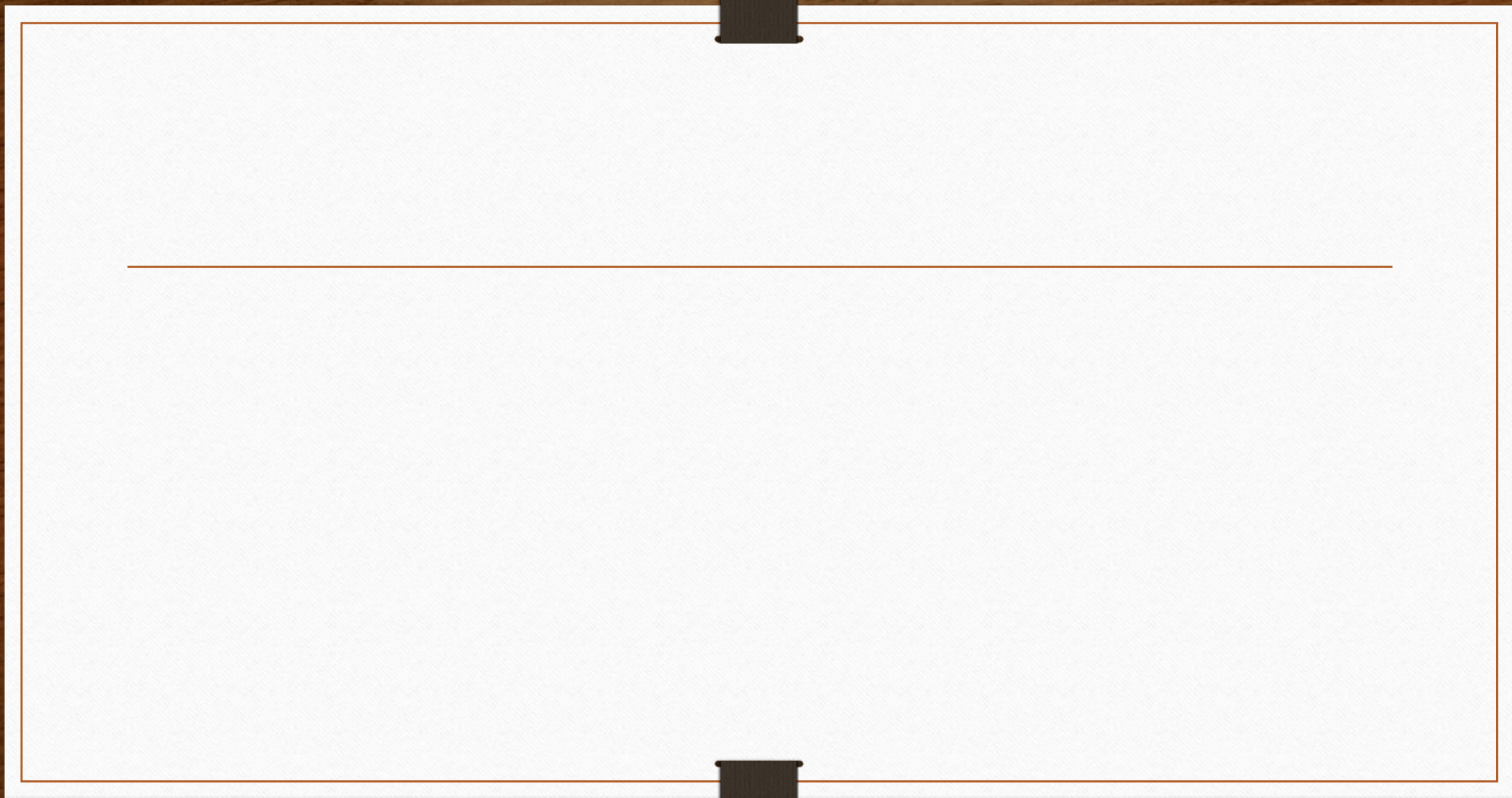
- Set a Regular Bedtime: Going to bed at the same time each night helps regulate your body's internal clock, making it easier to fall asleep and wake up naturally.
- Wake Up at the Same Time Every Day: Yes, even on weekends. Sleeping in can throw off your sleep cycle, making it harder to stick to your schedule during the week.
- Create a Pre-Sleep Routine: Help your body wind down with a relaxing bedtime routine. This could be reading a book, taking a warm bath, or listening to calm music. The key is to do these activities in a low light setting to signal to your brain that it's time to sleep.

MAKE YOUR BEDROOM A SLEEP SANCTUARY

- Keep It Cool and Comfortable: Most people sleep best in a slightly cool room (around 65°F or 18°C) with enough blankets to stay cozy.
- Block Out Light and Noise: Use blackout curtains or a sleep mask to keep your room dark. Consider earplugs or a white noise machine if noise is an issue.
- Invest in a Good Mattress and Pillows: Comfort is key. Make sure your mattress and pillows support your preferred sleeping position and don't cause discomfort.

ADDITIONAL TIPS FOR QUALITY SLEEP

- Limit Screen Time Before Bed: The blue light from screens can mess with your sleep hormones. Try to put away electronic devices at least an hour before bedtime.
- Watch Your Intake: Avoid caffeine and heavy meals close to bedtime, as they can disrupt your sleep.
- Get Moving During the Day: Regular physical activity can help you fall asleep faster and enjoy deeper sleep. Just try not to exercise too close to bedtime, as it can energize you.
- By setting up a good sleep routine and creating a comfortable environment, you're paving the way for quality rest. And remember, consistency is key. It might take a little time to adjust, but your energy levels (and your body) will thank you for it.



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.

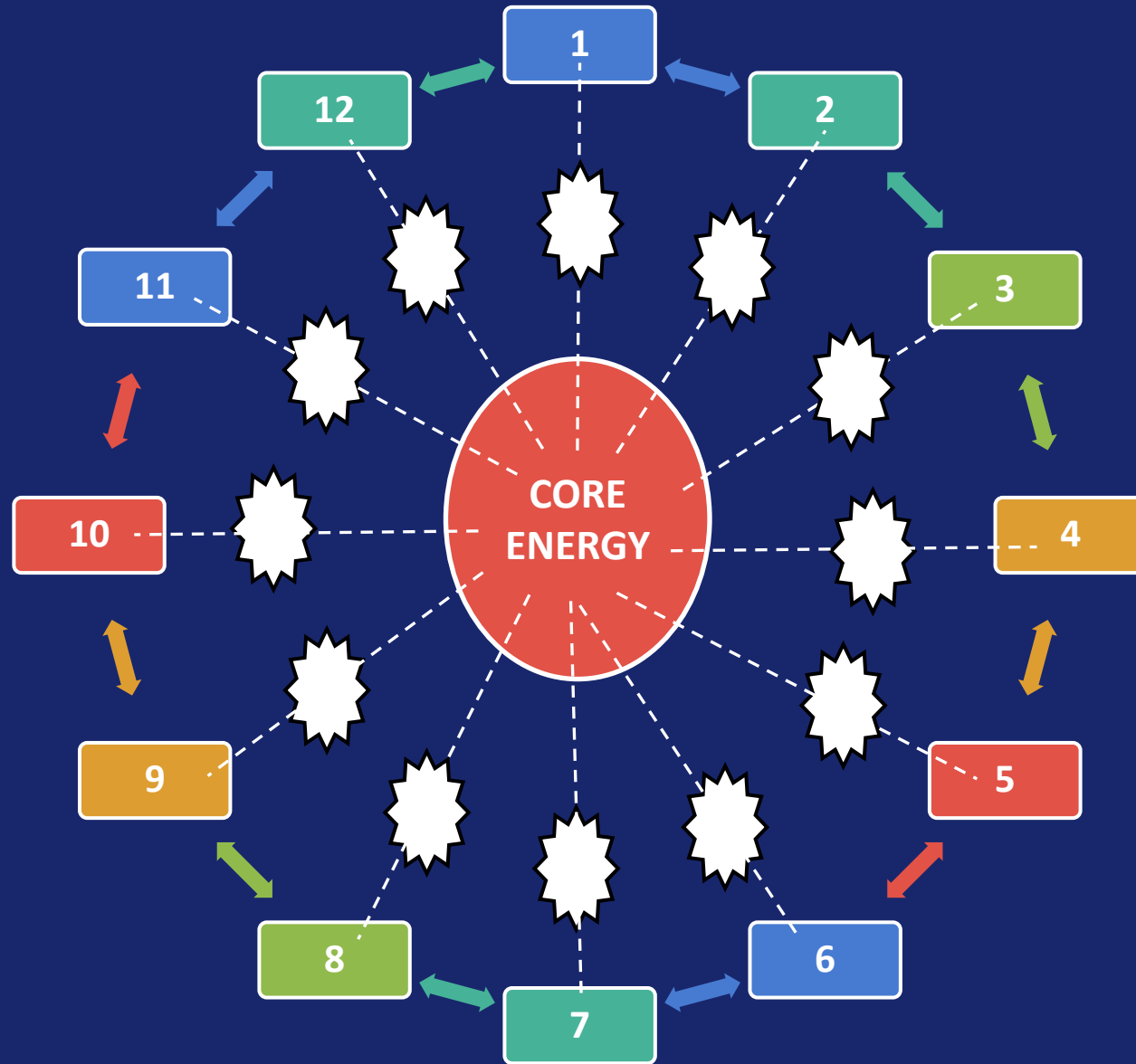
DIMENSION # 9 Recreation and leisure: This area relates to your hobbies, interests, and recreational activities.

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)

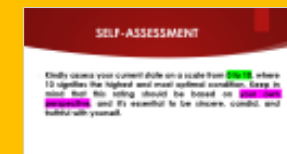
- * Focuses on physical surroundings and living conditions
- * Involves home, neighborhood, and community

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 # 14 – AWARENESS OF MENTAL DUALITIES

- **Awareness of mental dualities highlights the coexistence of contrasting thoughts and emotions within my psyche. This understanding allows me to navigate their internal conflicts, promoting balance and acceptance. Recognizing these dualities is vital for mental health, as it encourages working with diverse mental experiences rather than being overwhelmed. Through this, I will achieve greater psychological resilience and a more integrated sense of self.**

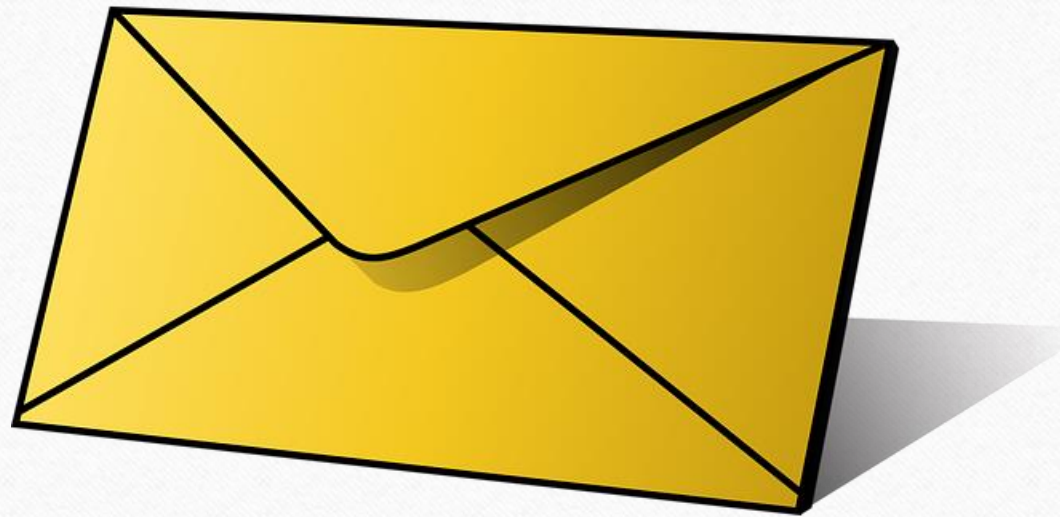


CENTRAL CONCEPT OF PERSONAL TRANSFORMATION

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

