

# **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.
- 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.
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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**

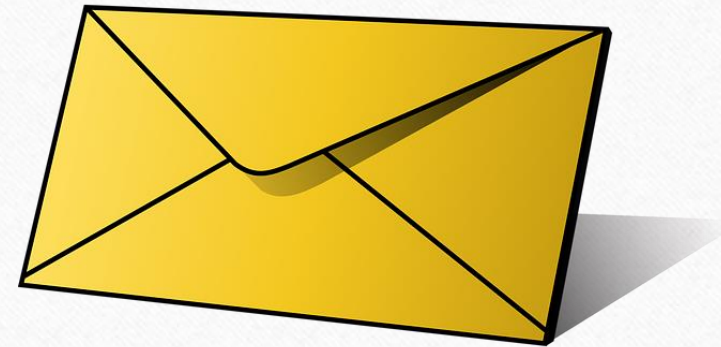
Angel Wing, LLC proudly offers the Quantum Transformation Program as part of our commitment to fostering growth, rehabilitation, and positive transformation. As you engage with our program and its participants, please consider the following:

- **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

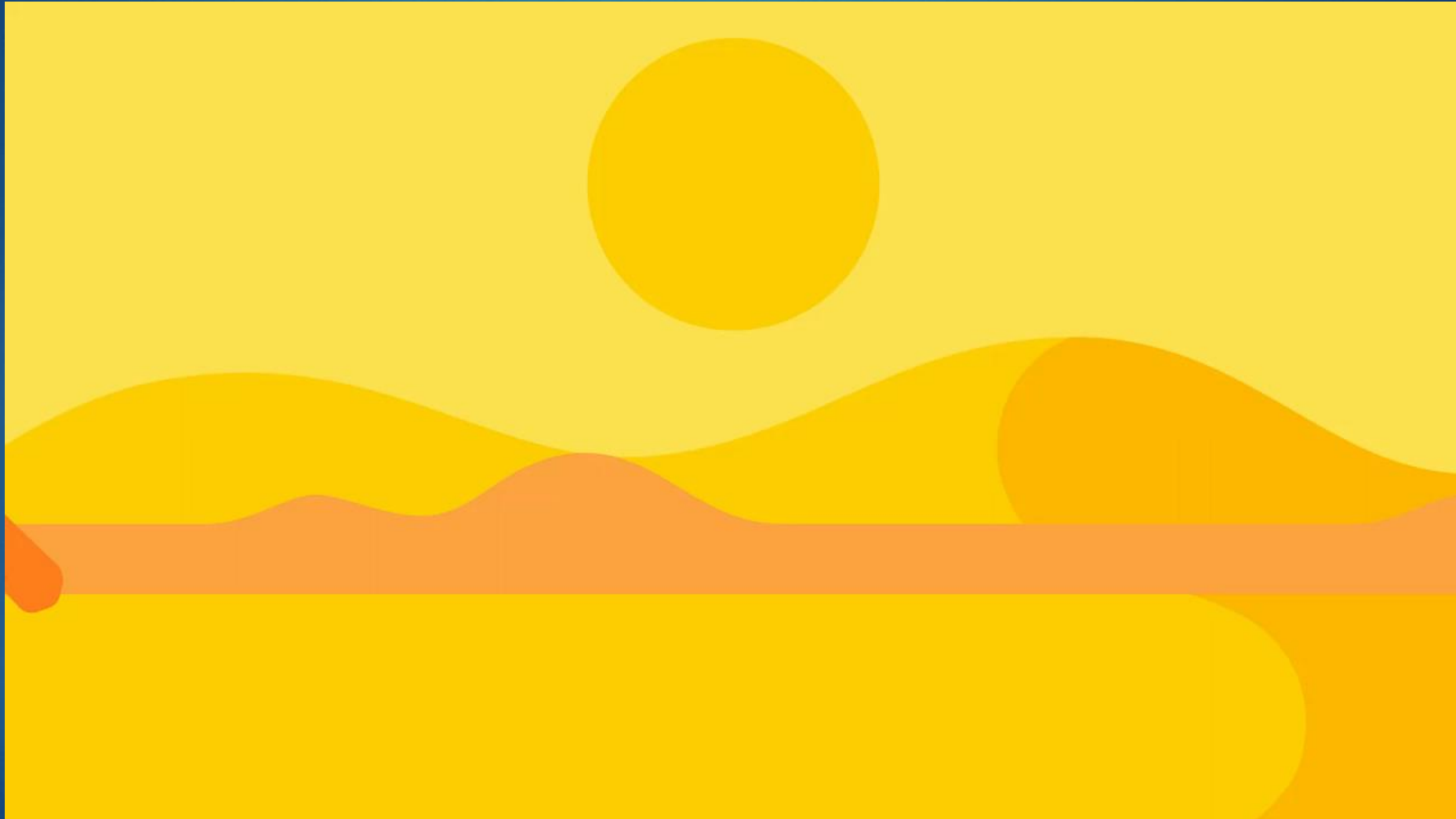
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ONE BLANK  
CARD PER  
WEEK



# GROUNDING MEDITATION EXERCISE



**WEEK # 15**  
**ONLINE WORKSOP BEGINS**  
**NOW...**

# **QUICK REVIEW OF CENTRAL CONCEPT (7 POINTS)**

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# 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 (\_\_\_)

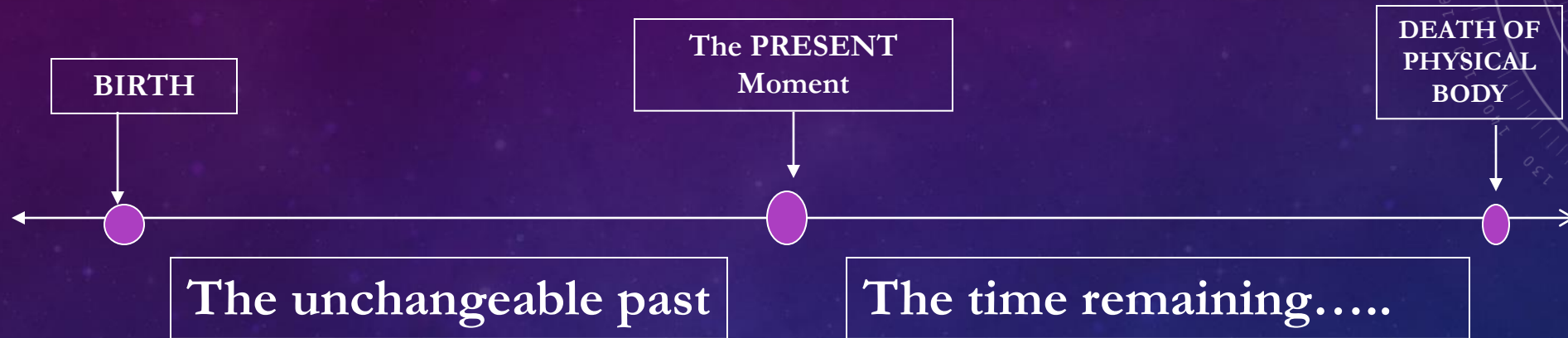
6) Unobstructed and undisturbed energy flow creates a powerful foundation for limitless possibilities (\_\_\_)

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



# **THE FLOW OF TIME**

# PSYCHOLOGICAL TIME



- The past cannot be changed.
- The amount of time remaining between the present moment and the death of the physical body is unknown and shrinking.
- The present is the only reality.
- Remembering the past occurs in the present.
- Planning for the future also occurs in the present.

## PERCEPTION OF TIME

- Psychological time refers to how we perceive time passing, which can differ significantly from actual clock time. This perception is influenced by a variety of psychological factors.

# **SUBJECTIVE EXPERIENCE**

**How fast or slow time feels can change based on emotional states, engagement, and activity levels.**



# **MEMORY'S ROLE**

**Events filled with new experiences can seem to last longer in memory, while routine or familiar events often "speed up."**



## **PSYCHOLOGICAL PRESENT**

**Typically spans a few seconds to minutes — this is the "window" of time we can directly manage and experience.**

# THE PRECIOUSNESS OF TIME



*Time is an irreplaceable resource. Recognizing its value is crucial for leading a fulfilling life.*



Irreplaceability: Unlike money or other resources, lost time cannot be regained.



Finite Resource: Life is limited, highlighting the importance of how we choose to spend each moment.



Quality vs. Quantity: Emphasizing the value of 'rich' moments filled with meaning over merely passing time.

# EMBRACING LIFE'S TEMPORALITY

*Acknowledging that our time is limited—and that we don't know how much we have left—can inspire us to live more fully and waste less time.*

- Urgency and Motivation: Recognizing time's scarcity can propel us toward action and prevent procrastination.
- Mindful Decisions: Encourages thoughtful consideration of how we spend our time each day.
- Legacy and Impact: Fosters a focus on the long-term impact of our actions and how we will be remembered.



# THE VALUE OF TIME AND PERSONAL ENERGY

*Understanding the intrinsic link between time and personal energy can enhance daily living and overall life satisfaction.*

- ▶ **Finite Resources**: Both time and energy are limited resources that need to be managed wisely.
- ▶ **Daily Renewal**: Energy is renewed daily, much like how we perceive each new day as a fresh start.
- ▶ **Optimal Use**: Maximizing both leads to a more productive and fulfilling life.

# ENERGY MANAGEMENT FOR DAILY SUCCESS

*Effective management of one's energy is crucial for making the most out of every day.*

- Identify Energy Peaks: Recognize times of the day when energy levels are highest and plan to tackle the most challenging tasks during these periods.
- Energy Drains vs. Gains: Be aware of activities and people that drain energy versus those that replenish or invigorate it.
- Rest and Recharge: Integrate deliberate periods of rest to prevent burnout and sustain energy levels throughout the day.

# PRIORITIZATION TO ENHANCE TIME AND ENERGY USE

*Prioritizing tasks and responsibilities can lead to more efficient use of time and preservation of energy.*

- ▶ Must vs. Should: Distinguish between tasks that must be done and those that should be done, focusing first on the essentials.
- ▶ Delegation: Leverage other people's time and energy when appropriate to maintain your energy reserves.
- ▶ Saying No: Empower yourself to decline requests that do not align with your priorities, conserving energy for more critical activities.

# CREATE A SIMPLE DIAGRAM TO VISUALLY REPRESENT THE CONCEPT OF PSYCHOLOGICAL TIME

- **Central Circle (Now Moment):**
  - Label this circle as "Present" or "Now."
  - This represents the psychological present—the brief span of time we perceive directly and are consciously aware of.
- **Surrounding Layers (Past and Future):**
  - Draw concentric circles around the central "Now" circle.
  - Label the inner layers as "Recent Past" and "Near Future."
  - These layers represent the immediate past and future, which directly influence our perception of the Now.
- **Outer Layers (Distant Past and Future):**
  - Label the outermost layers as "Distant Past" and "Distant Future."
  - These are less vivid and more abstract in our minds but still influence how we construct our psychological timeline.
- **Arrows (Flow of Time):**
  - Draw arrows along the sides of the diagram, moving from the past circles through the now, and into the future circles.
  - This shows the perceived flow of time in our psychological experience.
  - This diagram will help illustrate how we perceive time in layers, focusing on the present but influenced by both our memories and anticipations.

# QUICK MOVEMENT BREAK - STANDING STRETCHES & MOVEMENTS



# OPEN WORKBOOK # 2 (12 DIMENSION SELF-ASSESSMENT)

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# 12 DIMENSIONS

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**DIMENSION # 1 - Career:** This area relates to your professional life, including your job, career aspirations, and work-related goals.

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**DIMENSION # 2 – Finances:** This area relates to your financial situation, including your income, expenses, savings, and investments.

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**DIMENSION # 3 -Physical health:** This area relates to your physical wellbeing, including your fitness level, nutrition, and overall health

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**DIMENSION # 4 - Mental health:** This area relates to your psychological wellbeing, including your emotional and mental health, stress levels, and resilience.

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**DIMENSION # 5 - Family and relationships:** This area relates to your relationships with family members, friends, and significant others.

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**DIMENSION # 6 - Social life:** This area relates to your social interactions and connections, including your participation in social activities and events.

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**DIMENSION # 7 Personal development:** This area relates to your personal growth and self-improvement, including your learning, skills development, and personal goals.

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**DIMENSION # 8 - Spiritual life:** This area relates to your spiritual beliefs, practices, and values, and your sense of purpose and meaning in life.

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

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**DIMENSION # 10 - Environment:** This area relates to your physical surroundings and living conditions, including your home, neighborhood, and community.

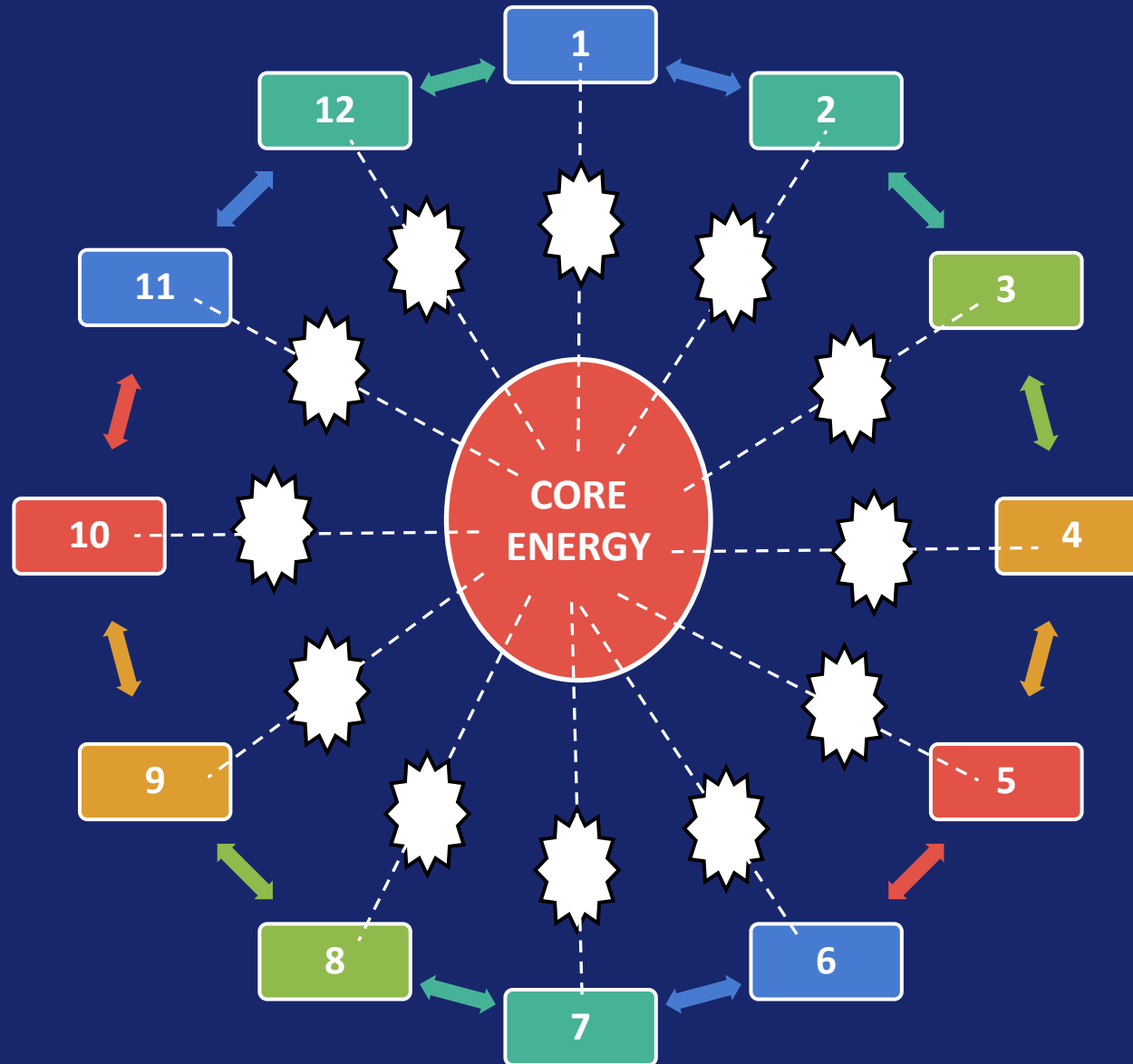
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**DIMENSION # 11 Contribution to society:** This area relates to your contribution to society, including volunteer work, charitable activities, and community involvement.

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**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)**

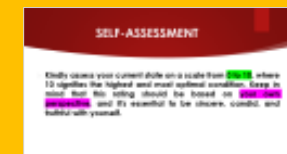
- \* Focuses on physical surroundings and living conditions
- \* Involves home, neighborhood, and community

## **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)**

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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)

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- **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)

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- 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             |               |               |               |               |               |
| <b>WEEKLY TOTAL:</b>        | <b>0</b>      | <b>0</b>      | <b>0</b>      | <b>0</b>      | <b>0</b>      |



# PRINCIPLE # 15 – RECOGNITION OF WASTAGE OF ENERGY (FLOW OF ENERGY IN WASTAGE)

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- **Recognition of Wastage of Energy**, focuses on identifying and addressing areas where energy is not utilized efficiently within a system or process. This principle emphasizes the importance of tracking energy flow to detect points where energy is lost, such as through heat dissipation, friction, or inefficient operations. By recognizing these wastage points, strategies can be developed to reduce unnecessary energy consumption and improve overall efficiency.



# **CENTRAL CONCEPT OF PERSONAL TRANSFORMATION**

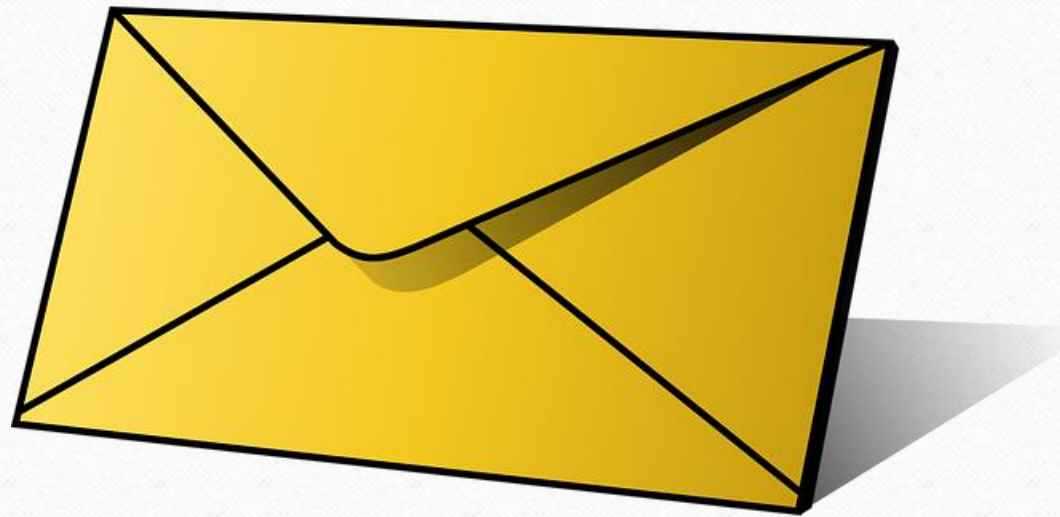
**WEEK 11 HOMEWORK: 3x5 card – read ONCE daily**

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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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# USE 10% OF YOUR SAVED MONEY

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- 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:



What is the **BEST** use of my  
time, this week?

# NEVER GIVE UP

