

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 # I

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

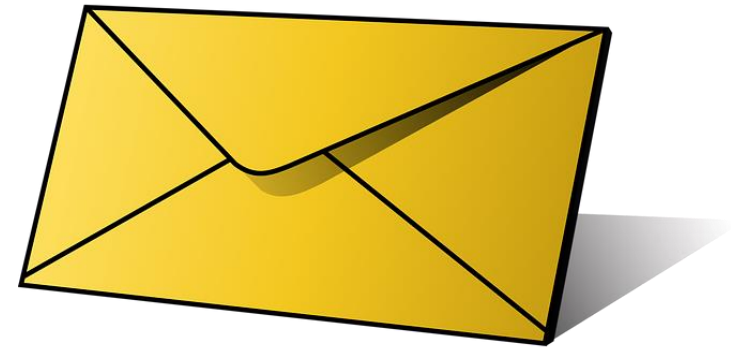
DISCLAIMER STATEMENT FOR ANGEL WING, LLC'S QUANTUM TRANSFORMATION PROGRAM

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

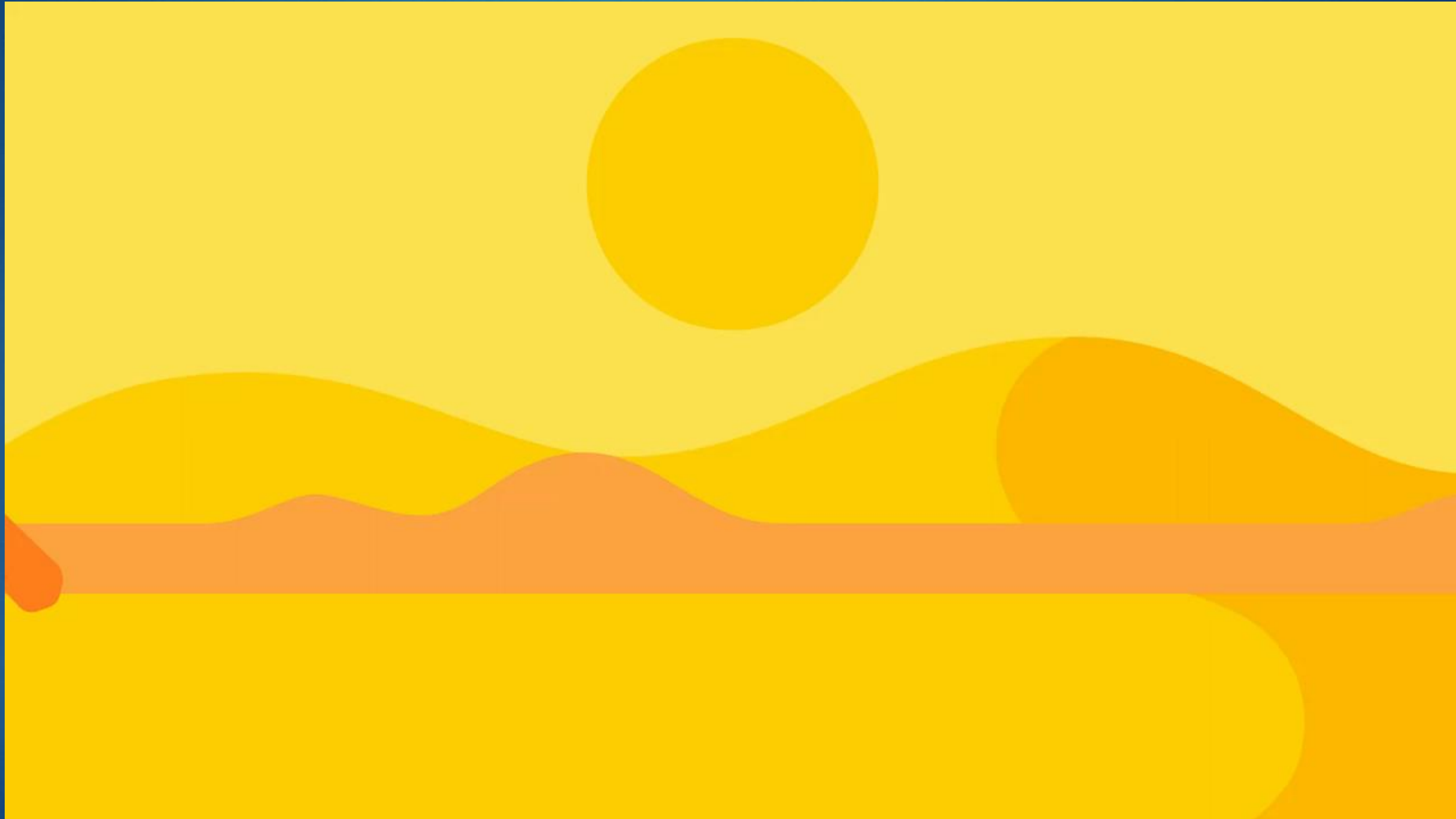
MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK
CARD PER
WEEK



GROUNDING MEDITATION EXERCISE

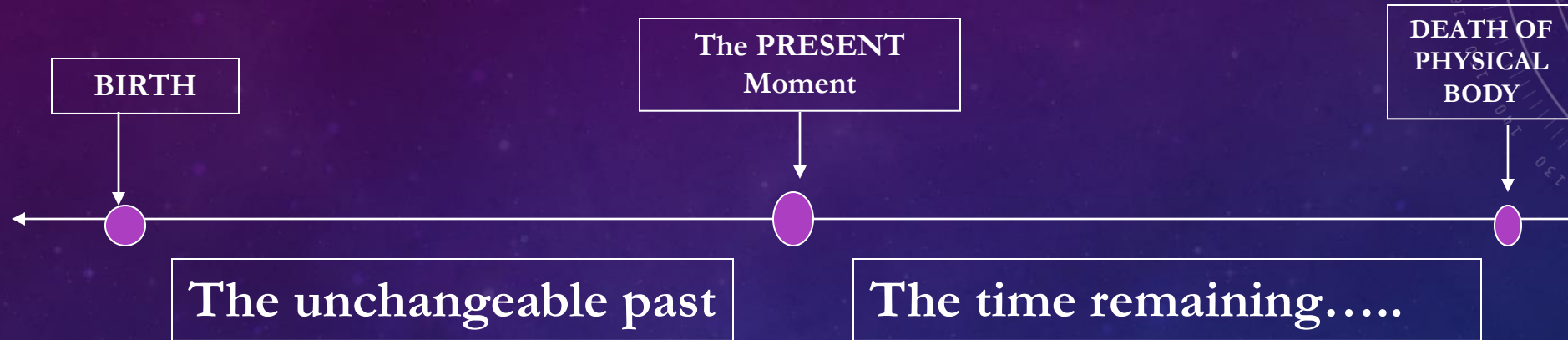


WEEK # 17
ONLINE WORKSOP BEGINS
NOW...

THE FLOW OF TIME

(WEEKS 14-26)

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.

PSYCHOLOGICAL TIME AS DEFINED BY KEY LIFE EVENTS

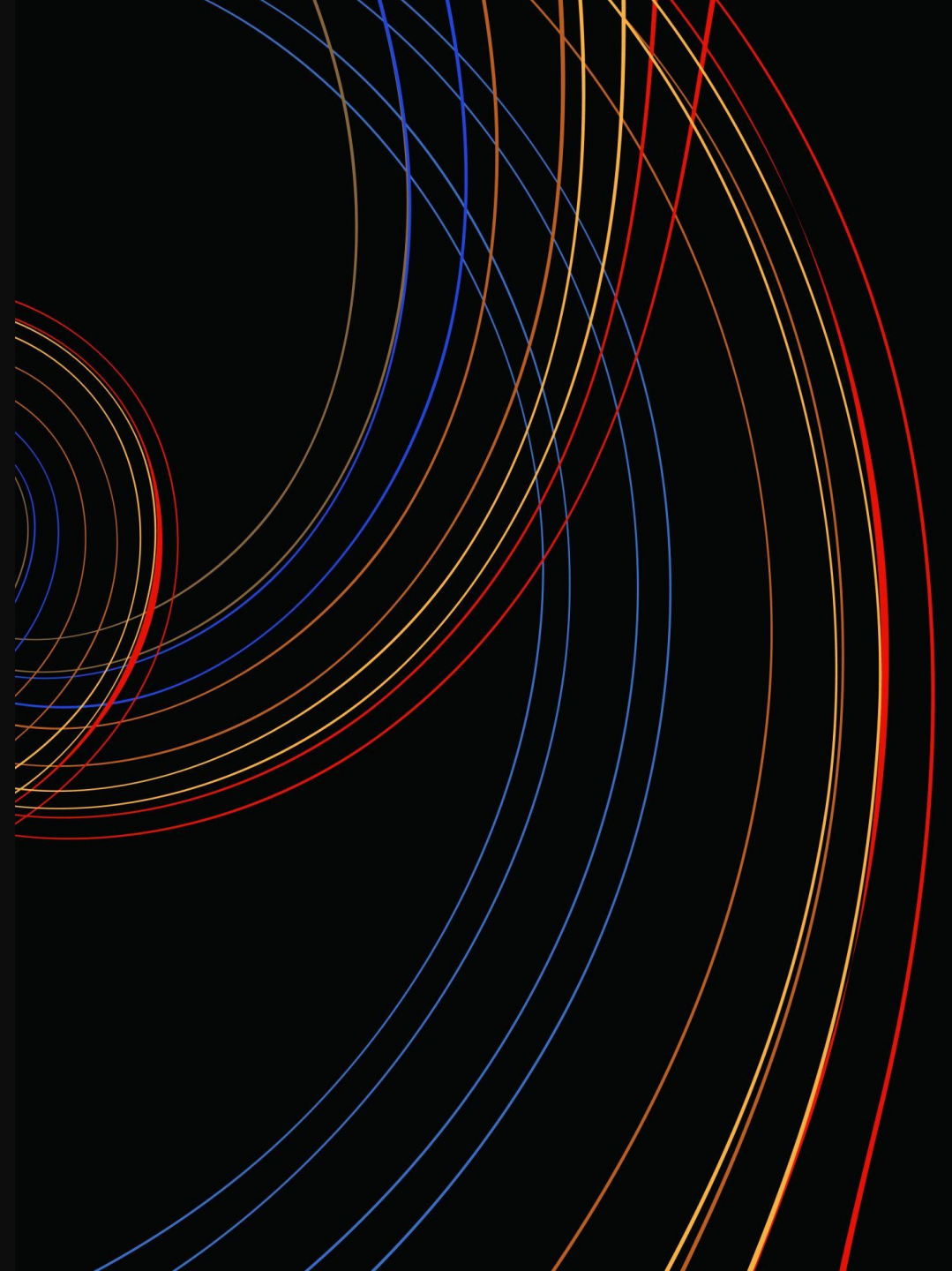
- Psychological Time as Defined by Key Life Events: The diagram depicts psychological time by anchoring it between two major life events: birth and the death of the physical body. This span is presented as a linear timeline with the past being unchangeable and the future uncertain and ever-decreasing until death. It emphasizes the finite nature of life and the continuous, unstoppable progression from birth towards death.

THE UNCHANGABLE PAST

- Irreversibility of the Past: The past, once occurred, becomes immutable, a fixed series of events in one's life timeline. The illustration points out that no matter our desires or regrets, the past remains unalterable. This concept underlines the importance of the present, suggesting that all recollections and reflections on past events occur in the current moment, thereby highlighting the psychological importance of "now."

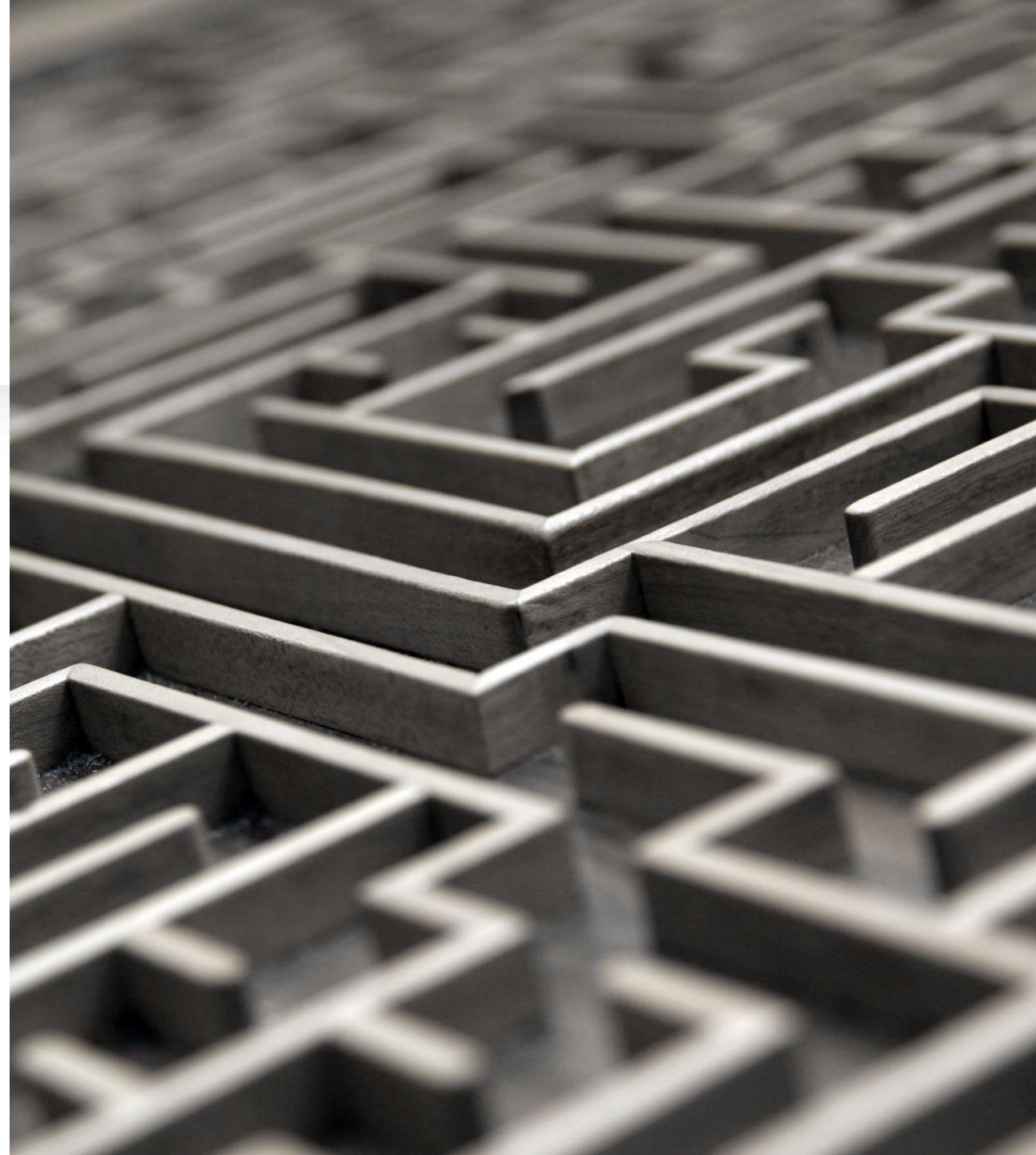
THE IMPORTANCE OF THE PRESENT MOMENT

- **Primacy of the Present**: The graphic underlines that the only real and actionable time frame is the present moment. It stresses that while the past is fixed and the future uncertain, the present holds the power for action, decision-making, and living. The present is where both memories are recalled and future plans are made, making it a pivotal point of focus for effective psychological management and personal growth.
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THE UNCERTAIN AND SHRINKING FUTURE

- **Uncertainty of the Time Remaining:**
This portion of the diagram illustrates the unknown and diminishing nature of the time between the present and death. It serves as a reminder of life's uncertainty and the inevitable approach of the end, encouraging an appreciation for the current moment and a proactive approach to life. This uncertainty is meant to highlight the importance of living fully in the present without taking the future for granted.



THE MYSTERY OF PRE-BIRTH EXISTENCE

Contemplating Existence Before Birth: The diagram, while focusing on the timeline from birth to death, implicitly raises questions about our existence prior to birth. This realm remains a profound mystery within many philosophical, spiritual, and scientific discussions. Philosophically, some theories suggest a non-existence akin to a blank slate, while others entertain the notion of pre-existence in a different form or realm. Spiritually, beliefs vary widely, ranging from reincarnation in Eastern traditions to pre-mortal existence in certain theologies, implying that our essence or soul exists even before we physically emerge.

UNDERSTANDING LIFE AFTER DEATH

- Speculating on Post-Death Existence: Similarly, the diagram points to the cessation of the physical body but leaves unanswered the nature of our existence beyond that point. Theories about what happens after death are as diverse and complex as those about pre-birth. Scientifically, the consensus is often that consciousness ceases when the body dies, echoing the idea that we return to non-existence. However, many spiritual and religious beliefs argue that death is merely a transition to another state or a different existential plane, whether it be as an ancestral spirit, reincarnation based on moral life conduct, or an eternal life in a spiritual realm.

THE SIGNIFICANCE OF THESE MYSTERIES

- Philosophical and Practical Implications of Existential Mysteries: The uncertainties surrounding our state before birth and after death encourage a focus on the psychological concept of the present as depicted in the diagram. They serve as reminders of the limitations of human knowledge and understanding, prompting philosophical inquiry and spiritual exploration. This not only enriches life's experience but also shapes ethical behaviors and life choices, based on various beliefs about the continuum of existence beyond our observable life span. The mystery enhances the value of the present moment, urging us to live fully within the known confines of our timeline while pondering the profound questions of our ultimate origins and destinies.

QUICK MOVEMENT BREAK - STANDING STRETCHES & MOVEMENTS



KeenanWell

A Keenan Solution

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.

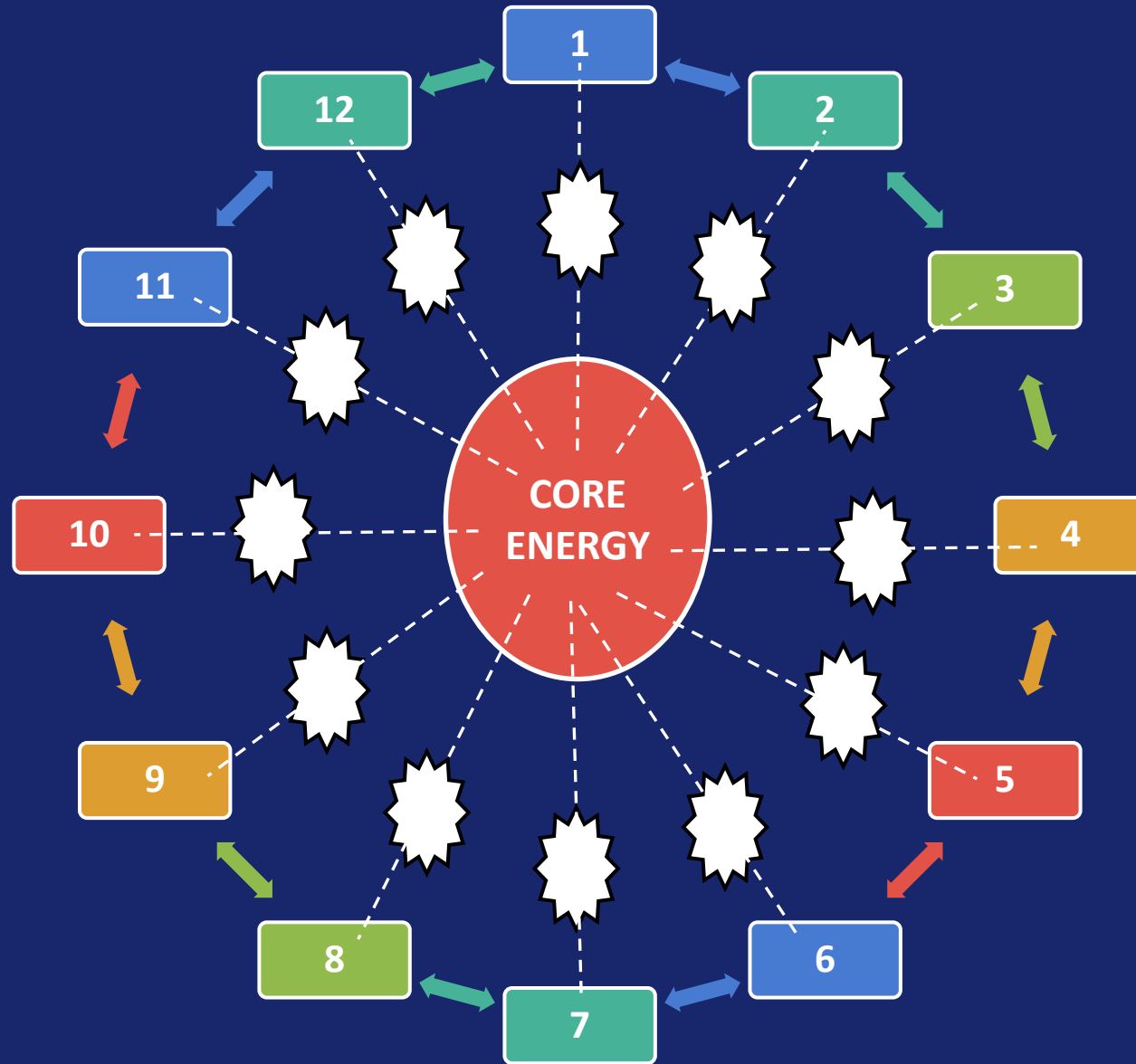
DIMENSION # 9 Recreation and leisure: This area relates to your hobbies, interests, and recreational activities.

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)

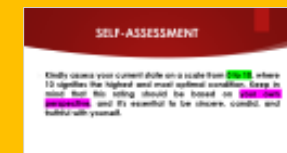
- * Focuses on physical surroundings and living conditions
- * Involves home, neighborhood, and community

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

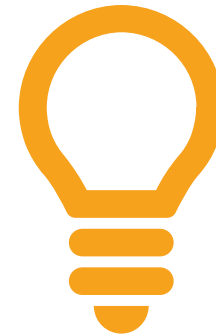
	WEEK # 1	WEEK # 2	WEEK # 3	WEEK # 4	WEEK # 5
<u>Dimensions</u>	Rating (0-10)	Rating (0-10)	Rating (0-10)	Rating (0-10)	Rating (0-10)
1. Career					
2. Finances					
3. Physical Health					
4. Mental Health					
5. Family and Relationships					
6. Social Life					
7. Personal Development					
8. Spiritual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

PERCEPTION OF TIME AND ENERGY MANAGEMENT

- **Effective utilization of personal energy hinges on one's perception of time; when individuals feel time-rich, they are more likely to engage in activities that rejuvenate their energy and contribute positively to their well-being.**

IMPACT OF ENERGY LEVELS ON TIME PERCEPTION

- **High personal energy levels can make individuals feel as though time passes more quickly during engaging activities, enhancing their productivity and creativity, while low energy often makes time seem to drag, increasing feelings of drudgery and inefficiency.**



PSYCHOLOGICAL TIME AND ENERGY ALLOCATION

Mindful management of psychological time allows for a balanced approach to energy expenditure, preventing burnout by allocating time for both productive tasks and restorative breaks, thereby maintaining long-term personal and professional health.



PRINCIPLE # 17 – LEARNING TO BALANCE ONE’S CORE ENERGY (FLOW OF ENERGY IN 12 DIMENSIONS)

- **Learning to balance one's core energy involves understanding and managing the flow of energy across twelve dimensions, which include physical, emotional, mental, and spiritual aspects. This holistic approach encourages individuals to become more aware of their internal states and how these states interact with the external environment, aiming for a harmonious alignment. Mastery of this balance can lead to enhanced well-being, increased clarity in decision-making, and a deeper sense of connection with oneself and the world.**



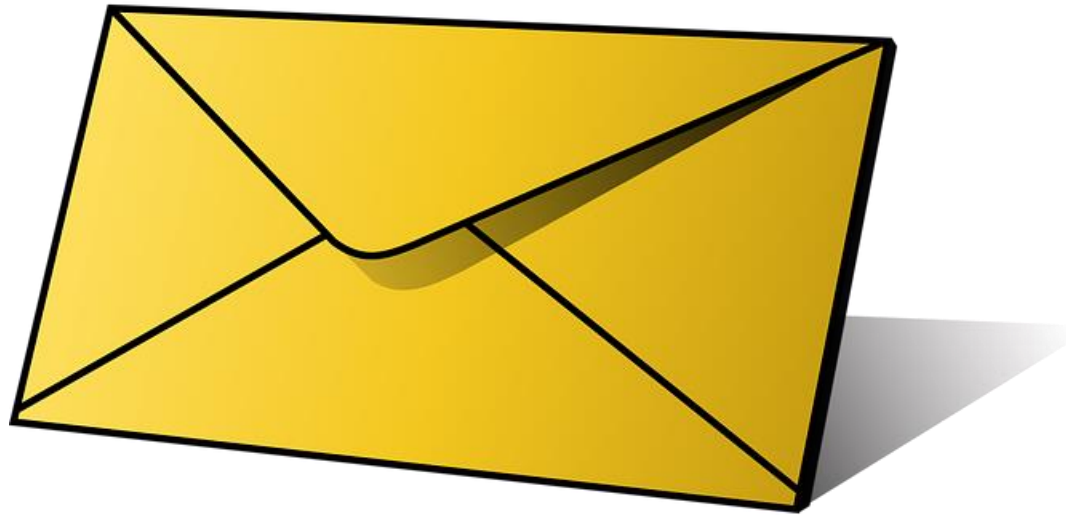
CENTRAL CONCEPT OF PERSONAL TRANSFORMATION

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.**

HOMEWORK EXERCISE



Please write 3 paragraphs on:



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

NEVER GIVE UP

