

ANGEL WING'S ONLINE & PERSONAL TRANSFORMATION PROGRAM (WEEK # 19)

**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

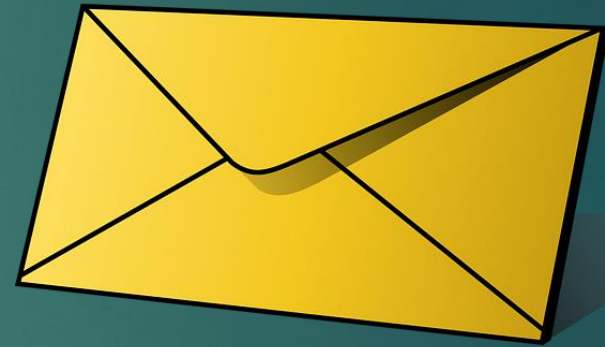
DISCLAIMER STATEMENT FOR ANGEL WING, LLC'S QUANTUM TRANSFORMATION PROGRAM

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

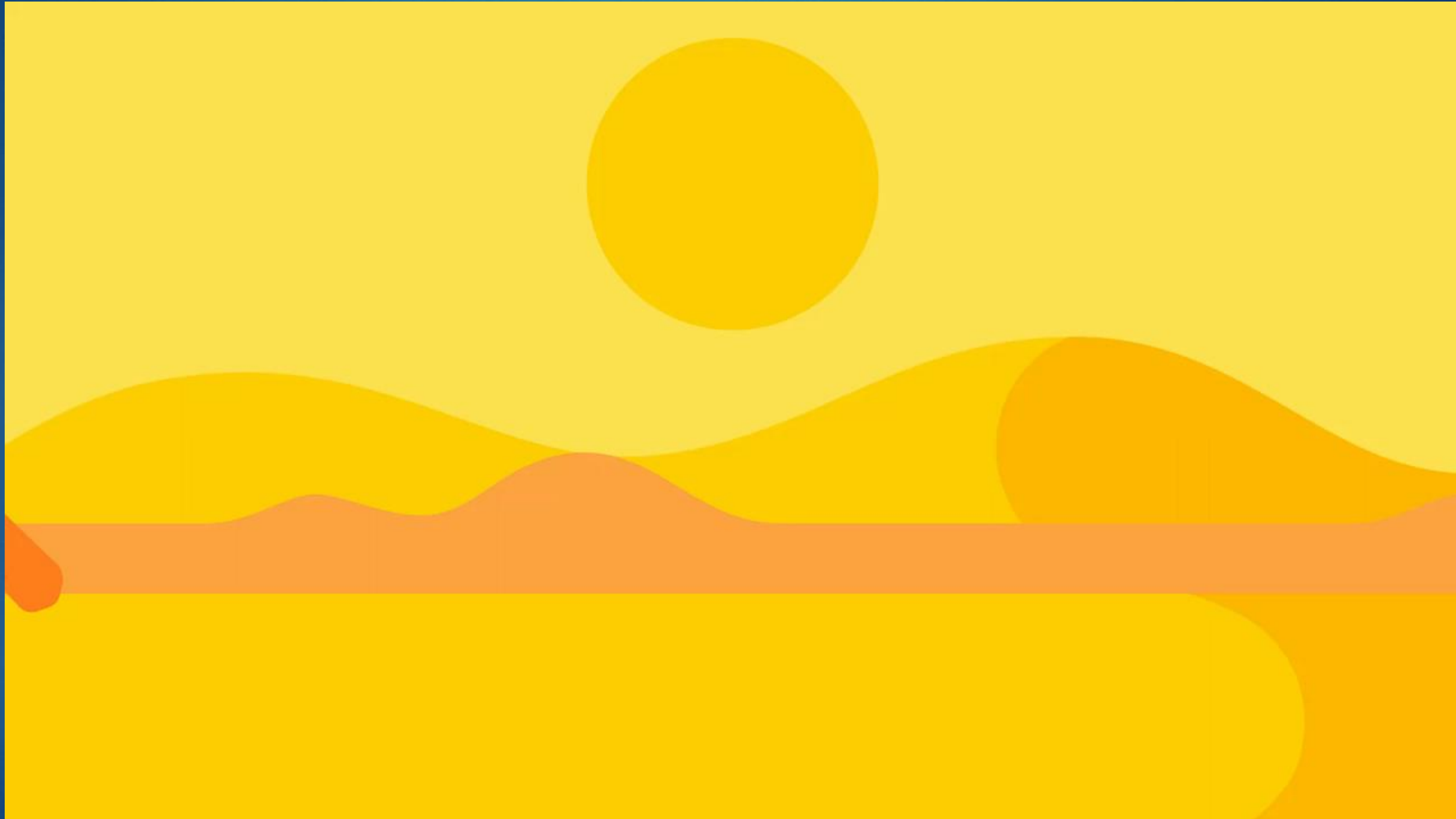
MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK
CARD PER
WEEK



GROUNDING MEDITATION EXERCISE



WEEK # 19
ONLINE WORKSOP BEGINS
NOW...



THE FLOW OF TIME

(WEEKS 14-26)

SLIDE 1: THE SUBJECTIVE NATURE OF TIME PERCEPTION

Point 1: Personal Narratives and Time Perception

Life lacks meaning or direction: Time feels slow and oppressive

Sense of purpose and fulfillment: Time feels fast and engaging

Examining internal narratives: Uncover beliefs and start self-transformation

Point 2: Emotional and Cognitive States

Negative emotions: Time feels stagnant or distressing

Positive emotions: Time feels quick and enjoyable

Subjective time as a well-being barometer: Identify growth areas and emotional needs

Point 3: Potential for Self-Mastery

Present-moment awareness and mindfulness: Observe thoughts and emotions

Disengage from negative spirals: Avoid time distortion

Consciously choose optimal activities: Promote meaningful engagement



ANALOGY 1: THE ROAD TRIP

Life lacks meaning or direction:
Time feels slow and oppressive

- ▶ When you're stuck in traffic with no clear destination, the journey feels endless.
- ▶ If you're driving through a dull, monotonous landscape, each mile seems to take forever.
- ▶ Without a map or GPS, the uncertainty of where you're going makes the trip feel longer.



ANALOGY 1: THE ROAD TRIP (Continued)

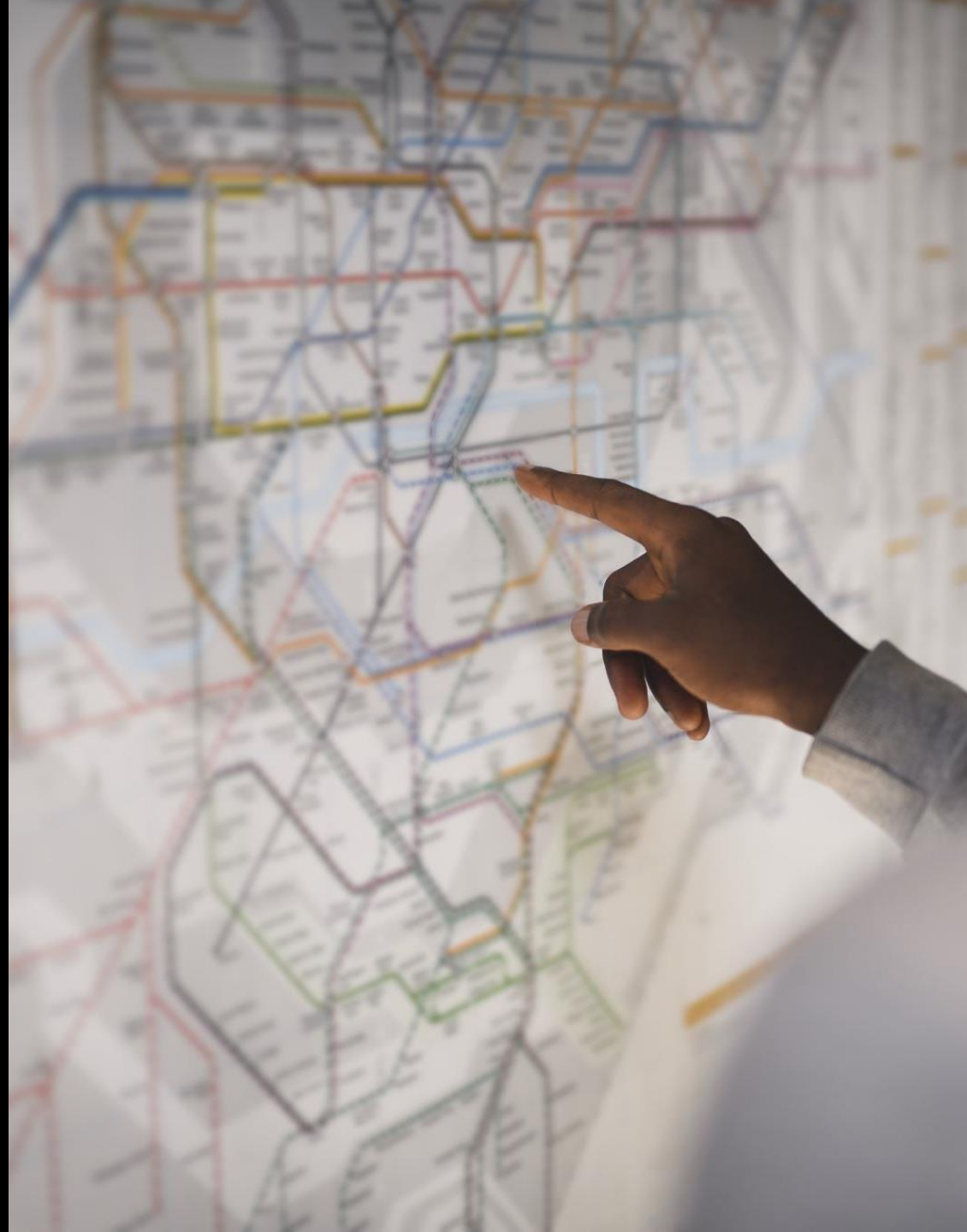
Sense of purpose and fulfillment: Time feels fast and engaging

- ▶ When you're on a scenic route with beautiful landscapes, the journey feels enjoyable and quick.
- ▶ Having a clear destination and exciting stops along the way makes the drive feel shorter.
- ▶ Traveling with friends, sharing stories and laughter, makes the hours fly by.

ANALOGY 1: THE ROAD TRIP (Continued)

Examining internal narratives: Uncover beliefs and start self-transformation

- ▶ Taking a moment to check the map can reveal new, exciting routes you hadn't considered.
- ▶ Reflecting on past journeys helps you understand what made them enjoyable or tedious.
- ▶ Adjusting your route and expectations based on new information can transform the journey.



ANALOGY 2: THE CLASSROOM

Life lacks meaning or direction: Time feels slow and oppressive

Sitting in a class that doesn't interest you, the clock seems to move at a snail's pace.

Repeatedly looking at the clock during a dull lecture makes each minute drag on.

Without understanding the relevance of the material, it feels like an eternity.

Sense of purpose and fulfillment: Time feels fast and engaging

Engaging in a class on a subject you're passionate about makes the time fly by.

When actively participating and involved in discussions, the end of class comes quickly.

Knowing the material's relevance to your goals makes the learning process enjoyable.

Examining internal narratives: Uncover beliefs and start self-transformation

Reflecting on why some subjects interest you more can uncover personal passions.

Understanding the connection between your studies and future goals can reignite interest.

Changing your approach to learning can transform a dull subject into a fascinating one.

ANALOGY 3: THE MOVIE

LIFE LACKS MEANING OR DIRECTION: TIME FEELS SLOW AND OPPRESSIVE

- ▶ Watching a movie without an engaging plot feels like it lasts forever.
 - ▶ Scenes that don't connect or lack purpose make the film seem interminable.
 - ▶ If you're not invested in the characters, the story drags on.
 - ▶ Sense of purpose and fulfillment: Time feels fast and engaging
-
- ▶ A captivating movie with a gripping storyline makes time pass quickly.
 - ▶ Well-developed characters and engaging scenes make the film seem short.
 - ▶ When you're emotionally invested, the ending comes before you know it.
 - ▶ Examining internal narratives: Uncover beliefs and start self-transformation
-
- ▶ Reflecting on why a movie resonated with you can uncover personal values.
 - ▶ Analyzing character development can offer insights into your own growth.
 - ▶ Identifying themes that resonate with you can guide your personal journey.

SLIDE 2: THE FLUIDITY OF TIME

PERCEPTION

► Point 1: Constructing Personal Narratives

- Memories and hopes: Shape time perception
- Lack of meaning: Time feels oppressive
- Sense of fulfillment: Time feels swift

► Point 2: Emotional Influences on Time

- Negative states: Perception of time drags
- Positive states: Perception of time speeds up
- Emotional regulation: Key to balanced time perception

► Point 3: Practices for Self-Mastery

- Mindfulness techniques: Develop present-moment awareness
- Observing perceptions: Gain control over time distortion
- Optimal experiences: Choose activities for engagement and growth

SLIDE 3: INSIGHTS FROM TIME PERCEPTION

▶ **Point 1: Narrative Construction and Self-Discovery**

- Understanding personal stories: Influence on time perception
- Discover hidden beliefs: Path to self-transformation
- Personal growth: Linked to time perception

▶ **Point 2: Emotional States and Cognitive Awareness**

- Emotional impact on time: Indicator of well-being
- Positive and negative states: Varying time experiences
- Cognitive insights: Guide to emotional regulation

▶ **Point 3: Achieving Greater Self-Mastery**

- Present-moment awareness: Mindfulness benefits
- Avoiding negative thought spirals: Maintain balanced perception
- Deliberate activity choices: Enhance meaningful engagement

Quick Movement Break - Standing Stretches & Movements



KeenanWell

A Keenan Solution

OPEN WORKBOOK # 2

(12 DIMENSION SELF-ASSESSMENT)



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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.

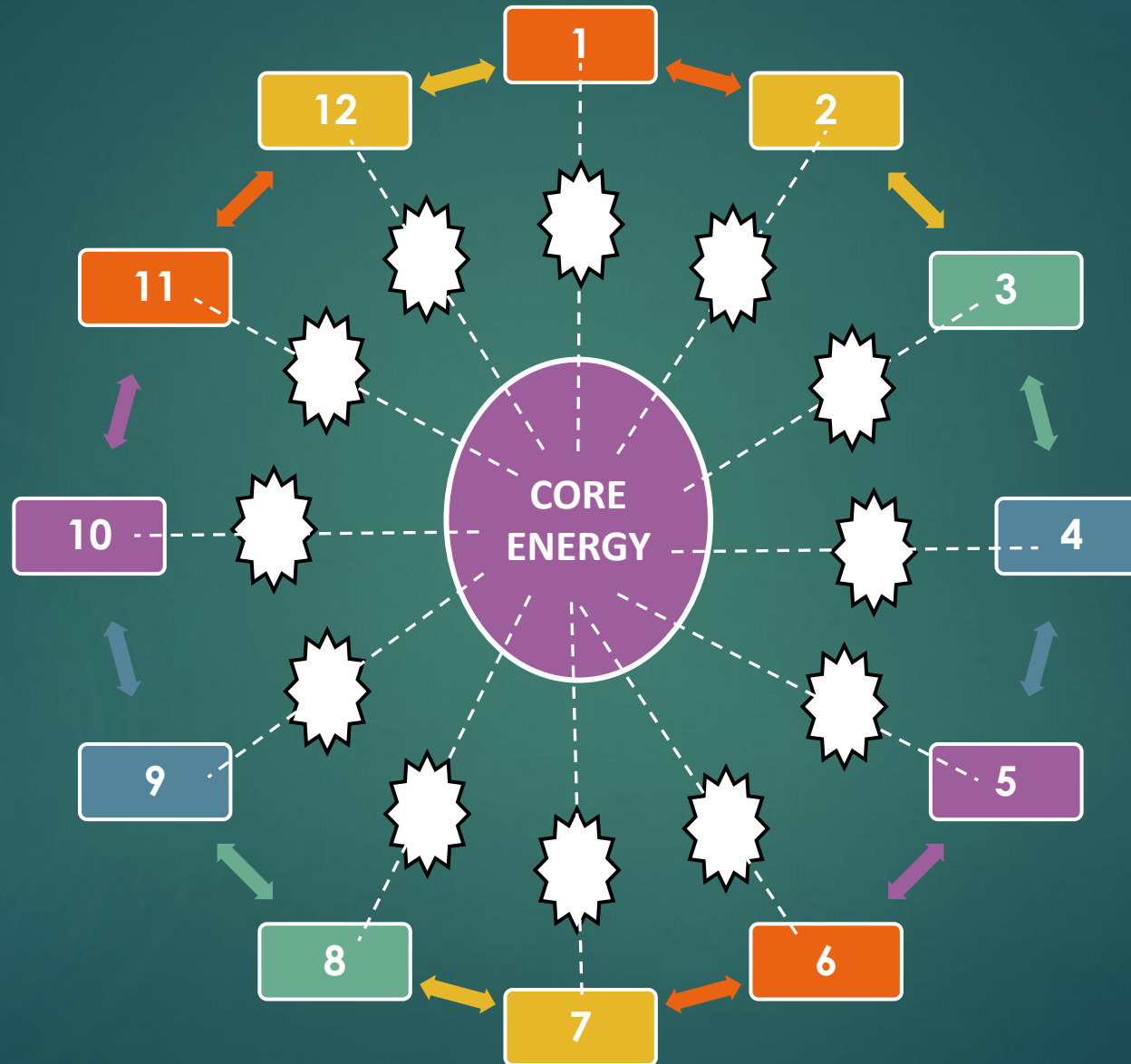
DIMENSION # 9 Recreation and leisure: This area relates to your hobbies, interests, and recreational activities.

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



1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

2 - MY FINANCES (X)

3 – MY PHYSICAL HEALTH (X)

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)

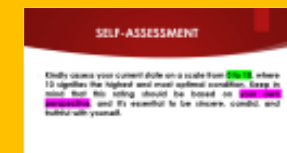
- * Focuses on physical surroundings and living conditions
- * Involves home, neighborhood, and community

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

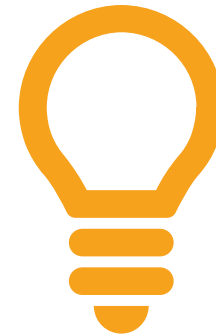
	WEEK # 1	WEEK # 2	WEEK # 3	WEEK # 4	WEEK # 5
<u>Dimensions</u>	Rating (0-10)	Rating (0-10)	Rating (0-10)	Rating (0-10)	Rating (0-10)
1. Career					
2. Finances					
3. Physical Health					
4. Mental Health					
5. Family and Relationships					
6. Social Life					
7. Personal Development					
8. Spiritual 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 #19 – MENTAL ENERGY & INTELLECTUAL STRENGTH

- ▶ This quantum principle refers to the cultivation and maintenance of cognitive vitality and resilience. It emphasizes the importance of nourishing the mind through continuous learning, critical thinking, and mental challenges. This principle advocates for practices that enhance intellectual capacity, focus, and creativity, ensuring sustained mental performance and problem-solving abilities.



CENTRAL CONCEPT OF PERSONAL TRANSFORMATION

WEEK 18 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)**



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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

