

**ANGEL WING'S ONLINE &
PERSONAL
TRANSFORMATION PROGRAM
(WEEK # 22)**

**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

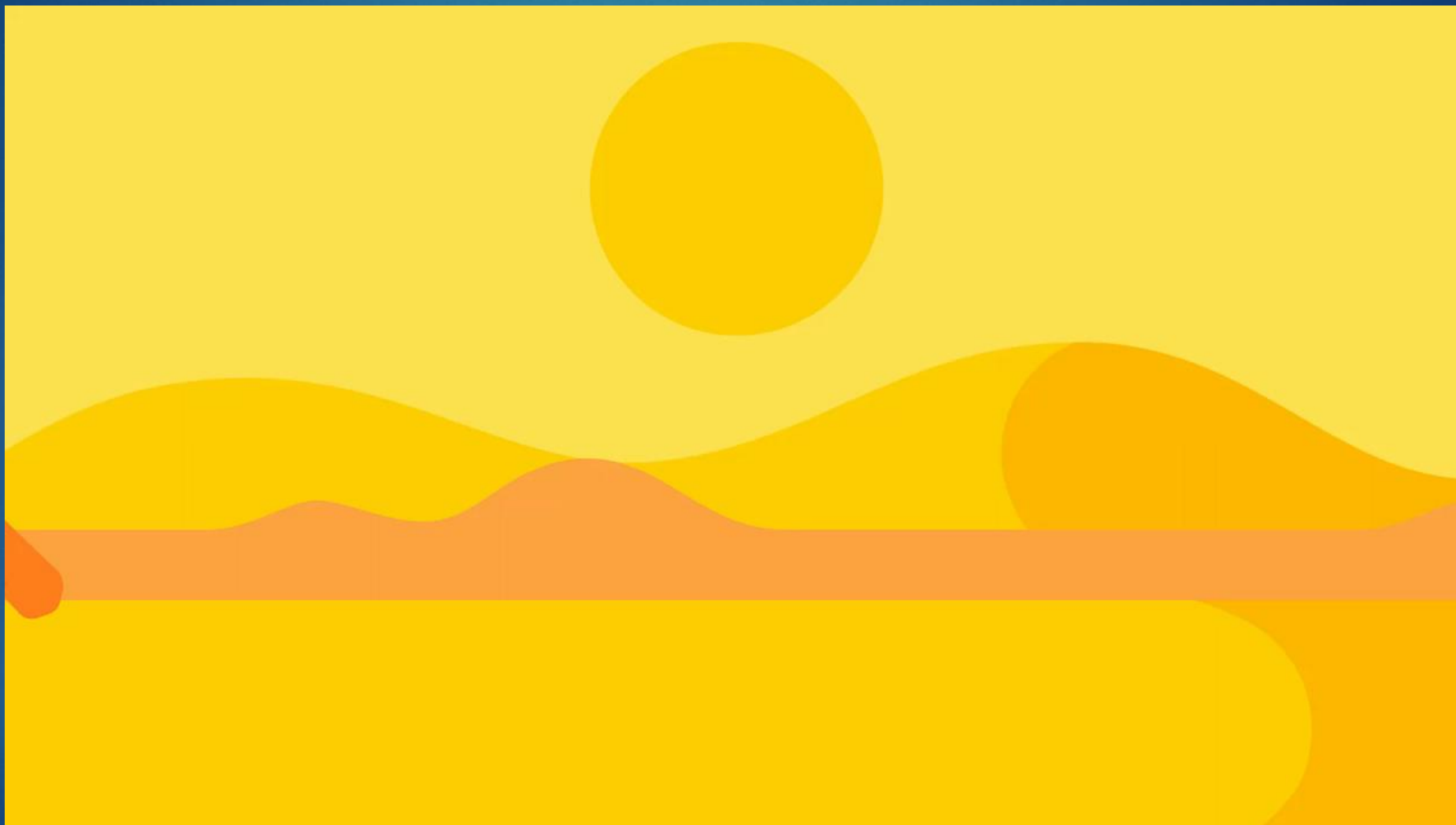
MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK
CARD PER
WEEK



GROUNDING MEDITATION EXERCISE



WEEK # 22
ONLINE WORKSOP BEGINS
NOW...



THE FLOW OF TIME

(WEEKS 14-26)

**THE ELASTIC DANCE OF TIME:
MEMORY, EXPECTATION, AND THE
JOURNEY OF SELF**

THE ELASTIC NATURE OF TIME AND ITS IMPACT ON BALANCE IN ALL 12 DIMENSIONS OF ONE'S LIFE

- **Perception of Time and Personal Growth**: Understanding time as a flexible construct allows individuals to better manage and prioritize activities, leading to enhanced growth and development across all life dimensions, including physical health, emotional well-being, and intellectual pursuits.

THREE EXAMPLES

Physical Health:

- **Example:** Sarah, a busy professional, used to struggle with finding time for exercise. By understanding time as flexible, she shifted her perception and began incorporating short, high-intensity workouts into her lunch breaks and evenings. This **adaptability** allowed her to prioritize her physical health without feeling overwhelmed by a rigid schedule, leading to improved fitness and overall well-being.

Emotional Well-Being:

- **Example:** John, who often felt stressed and emotionally drained, started practicing mindfulness and meditation. He realized that dedicating even just 10-15 minutes a day to these practices could significantly enhance his emotional state. By viewing time as elastic, he found it easier to carve out these moments of tranquility, leading to better emotional balance and resilience.

Intellectual Pursuits:

- **Example:** Maria, a lifelong learner, wanted to pursue a new certification but felt constrained by her full-time job and family responsibilities. By perceiving time as flexible, she broke down her study sessions into manageable chunks spread throughout the week. This approach allowed her to integrate learning into her daily routine seamlessly, leading to successful completion of the certification and intellectual growth without sacrificing other important aspects of her life.

**ADAPTIVE TIME MANAGEMENT:
RECOGNIZING THE ELASTICITY OF
TIME ENABLES INDIVIDUALS TO
ADAPT THEIR SCHEDULES
DYNAMICALLY, CREATING A MORE
BALANCED APPROACH TO WORK,
RELATIONSHIPS, AND LEISURE, THUS
FOSTERING HARMONY AND
REDUCING STRESS.**

THREE EXAMPLES

Work-Life Balance:

Example: Emily, a marketing manager, used to feel overwhelmed by her demanding job, often working late hours. By adopting an elastic view of time, she started prioritizing her tasks more effectively and allowed herself flexibility in her work hours. Some days, she would leave early to attend her son's soccer game and make up for it by working in the evening. This adaptability reduced her stress, improved her relationship with her family, and maintained her productivity at work.

Relationships:

Example: Tom and Lisa, a married couple, struggled to find quality time together due to their busy schedules. By recognizing the flexibility of time, they began to look for opportunities to connect throughout the day, such as having breakfast together or taking short walks in the evening. These small, yet meaningful, adjustments in their routine helped strengthen their relationship and brought more harmony into their daily lives.

Leisure and Personal Time:

• Example: Rachel, an entrepreneur, found it challenging to dedicate time to her hobbies and personal interests because of her hectic work schedule. By embracing the concept of elastic time, she started setting aside specific blocks of time each week for leisure activities, such as painting and reading. Even if these time slots varied week by week, this dynamic approach allowed her to indulge in her passions regularly, leading to increased happiness and a more balanced life.

ENHANCED MINDFULNESS AND PRESENCE: EMBRACING THE FLUIDITY OF TIME ENCOURAGES MINDFULNESS AND PRESENT-MOMENT AWARENESS, ALLOWING INDIVIDUALS TO FULLY ENGAGE IN EACH LIFE DIMENSION, FROM SPIRITUALITY AND CREATIVITY TO COMMUNITY INVOLVEMENT AND SELF-CARE.

THREE EXAMPLES

SPIRITUALITY

David, who practices meditation, used to rush through his sessions, feeling pressured by a busy schedule. By embracing the fluidity of time, he began to view his meditation practice as a flexible, sacred space rather than a rigid task. This shift allowed him to immerse himself fully in the present moment during his sessions, deepening his spiritual connection and fostering a sense of inner peace and clarity.

Creativity

Hannah, an artist, often felt constrained by tight deadlines and a packed schedule, which stifled her creativity. By recognizing the elasticity of time, she allowed herself to engage in creative activities whenever inspiration struck, even if it meant working at unconventional hours. This newfound freedom enabled her to be fully present in her creative process, resulting in more authentic and expressive artwork.

COMMUNITY INVOLVEMENT

Michael, who volunteers at a local shelter, used to feel distracted and hurried, trying to fit volunteering into his busy week. By adopting a fluid approach to time, he started dedicating specific, yet flexible, blocks of time to community service. This allowed him to be more mindful and fully present during his volunteer work, enhancing his interactions with others and deepening his sense of contribution and fulfillment.

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.

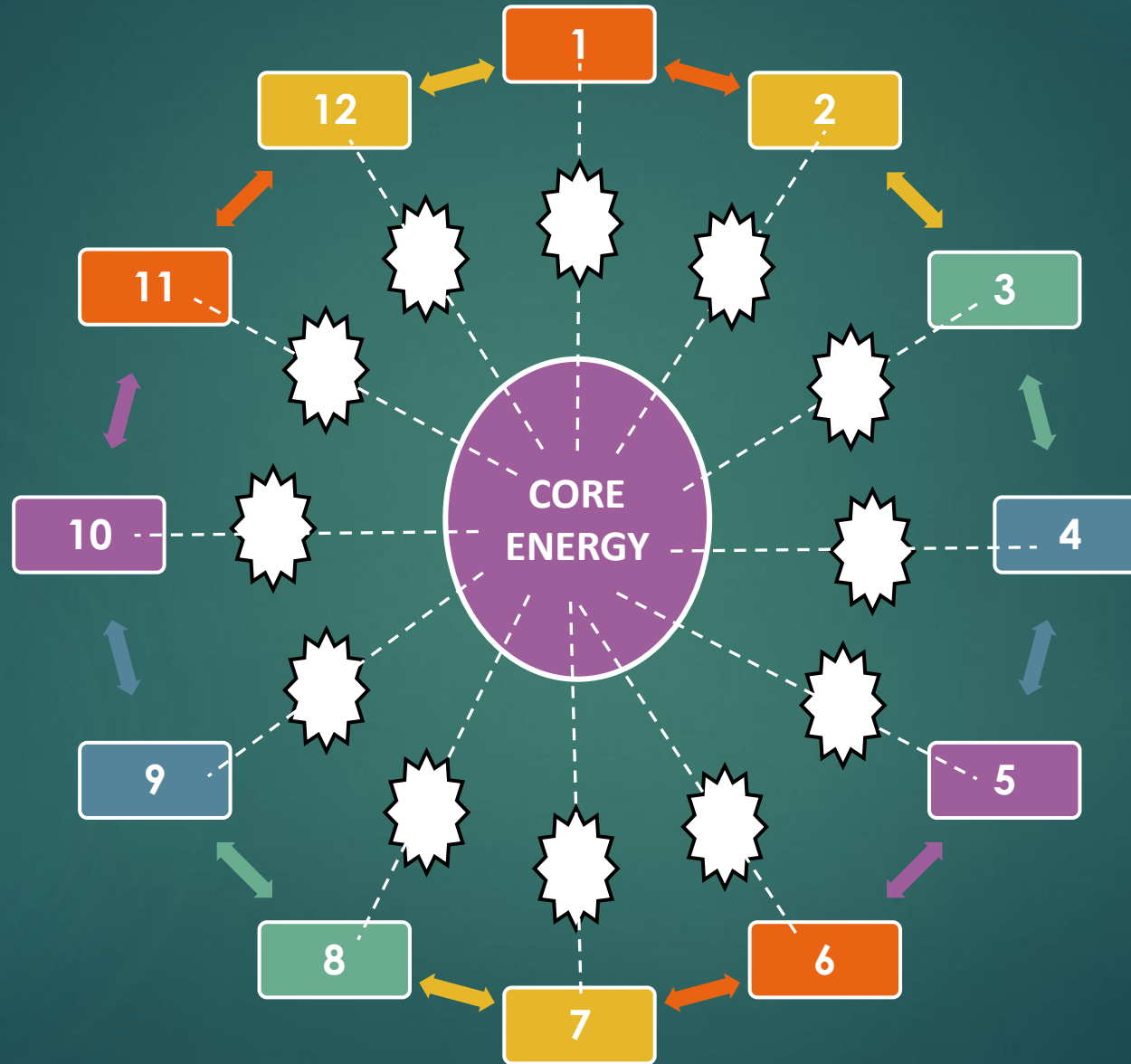
DIMENSION # 9 Recreation and leisure: This area relates to your hobbies, interests, and recreational activities.

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 # 22 – PERSONAL ENERGY STORAGE (IN THOUGHTS, EMOTIONS, MEMORIES, & DESIRES) (WITHOUT SUPPRESSION & INDULGENCE)

- ▶ Personal Energy Storage involves consciously managing and preserving one's mental and emotional resources. This includes being mindful of thoughts, emotions, memories, and desires, ensuring they are acknowledged without being suppressed or indulged. By balancing awareness and control, one can maintain inner harmony and avoid unnecessary energy depletion.



CENTRAL CONCEPT OF PERSONAL TRANSFORMATION

WEEK 22 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

