

# **ANGEL WING'S ONLINE & PERSONAL TRANSFORMATION PROGRAM (WEEK # 23)**

**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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- While we strive to provide accurate and helpful information, we make no guarantees, warranties, or representations as to the accuracy, reliability, completeness, or timeliness of any information presented in the program. Any reliance on such information is strictly at your own risk.
- By participating in this online group program, you acknowledge and agree that the creators, facilitators, and participants of the program shall not be held responsible or liable for any claims, damages, or losses resulting from your participation in or reliance on the program's content or materials, including but not limited to any direct, indirect, incidental, special, or consequential damages.
- 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

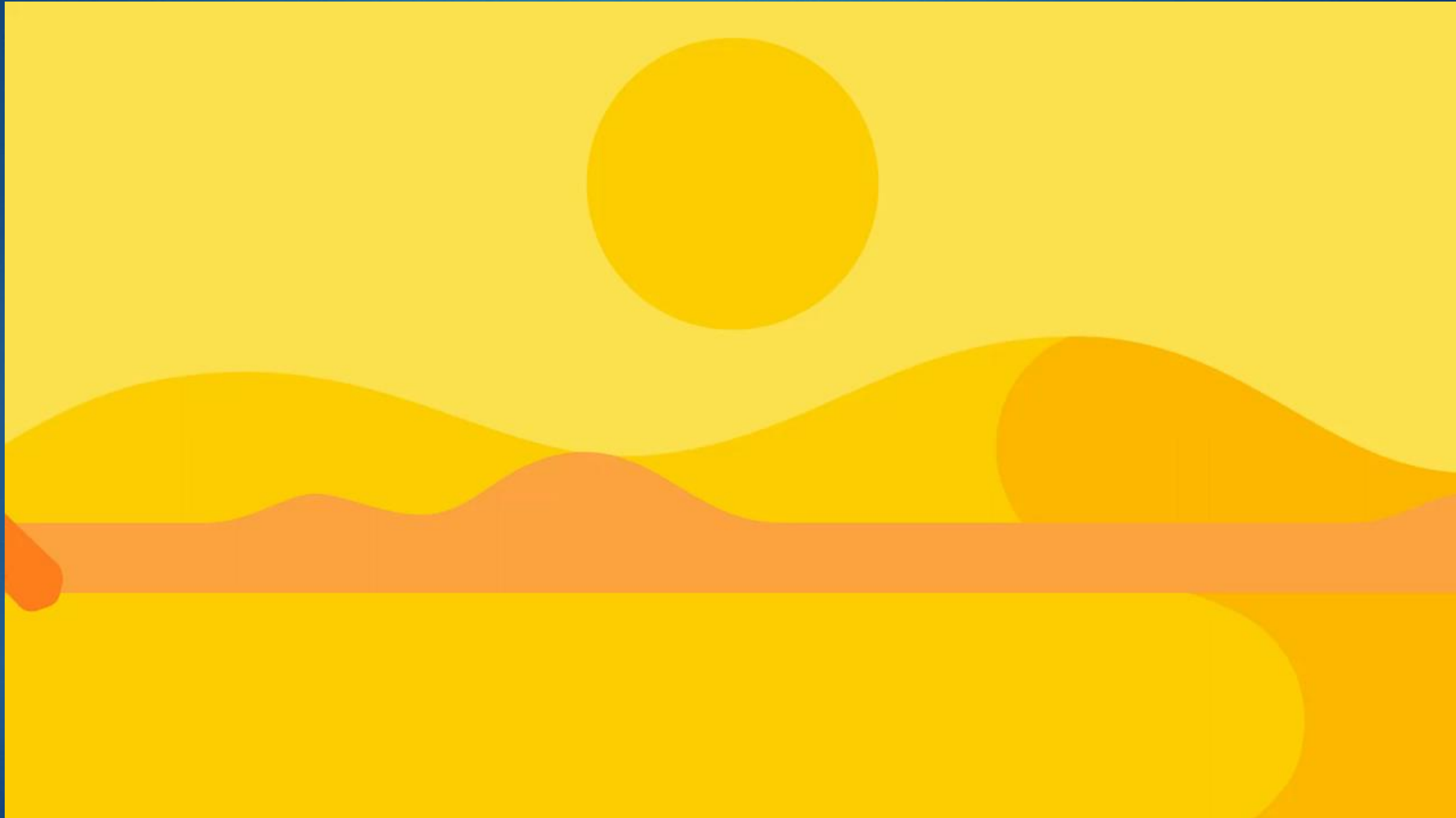
# MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK  
CARD PER  
WEEK



# GROUNDING MEDITATION EXERCISE



**WEEK # 23**  
**ONLINE WORKSOP BEGINS**  
**NOW...**



# THE FLOW OF TIME

(WEEKS 14-26)

# **CONNECTION BETWEEN PSYCHOLOGICAL TIME AND MENTAL EQUANIMITY**

**UNDERSTANDING THE IMPACT OF TIME  
PERCEPTION ON MENTAL BALANCE**





# REVIEW OF PSYCHOLOGICAL TIME

## INTRODUCTION

- **Definition of psychological time**
- **How psychological time differs from chronological time**
- **Importance of studying psychological time in relation to mental health**



# UNDERSTANDING PSYCHOLOGICAL TIME

## WHAT IS PSYCHOLOGICAL TIME?

- Psychological time refers to an individual's subjective experience of time
- It includes concepts like past, present, and future perception
- Impact of personal experiences and emotions on time perception





# CONCEPT OF MENTAL EQUANIMITY

## WHAT IS MENTAL EQUANIMITY?

- **Definition of mental equanimity: a state of psychological stability and composure**
- **Importance of maintaining calmness regardless of external circumstances**
- **Benefits of mental equanimity on overall mental health**



### WHAT IS MENTAL EQUANIMITY?

Mental equanimity refers to a state of psychological stability and composure, allowing one to remain calm and centered regardless of external circumstances or internal emotional fluctuations. It is a state of mind characterized by a balanced perspective, free from attachment and aversion.

Equanimity is a key component of many spiritual and philosophical traditions, including Buddhism, Hinduism, and Stoicism. It is often cultivated through practices such as meditation, mindfulness, and self-reflection. By developing equanimity, individuals can better manage stress, reduce emotional reactivity, and achieve a sense of inner peace and resilience.

### BENEFITS OF MENTAL EQUANIMITY ON OVERALL MENTAL HEALTH

Mental equanimity offers numerous benefits for overall mental health. It helps reduce stress and anxiety by promoting a calm and balanced state of mind. Equanimity also enhances emotional regulation, allowing individuals to respond to challenges with composure rather than reacting impulsively. Furthermore, it fosters a sense of inner peace and well-being, which can lead to improved relationships and a more fulfilling life. By cultivating equanimity, individuals can develop a stronger sense of self and resilience in the face of adversity.

### HOW TO CULTIVATE MENTAL EQUANIMITY

Cultivating mental equanimity is a practice that can be integrated into daily life. Key strategies include: 1. **Meditation:** Regular practice of mindfulness or Transcendental Meditation can help develop a calm and focused mind. 2. **Deep Breathing:** Simple breathing exercises can quickly bring the mind back to the present moment. 3. **Journaling:** Writing down thoughts and feelings can provide clarity and help identify patterns of reactivity. 4. **Self-Reflection:** Taking time to reflect on one's values and beliefs can foster a sense of inner balance. 5. **Transcendental Meditation:** This specific form of meditation is designed to promote a state of deep relaxation and inner peace. Consistent practice of these techniques can lead to a more stable and equanimous state of mind.



# CONNECTION BETWEEN PSYCHOLOGICAL TIME AND MENTAL EQUANIMITY

## HOW TIME PERCEPTION INFLUENCES EMOTIONAL STATES

- The role of being present in achieving mental equanimity
- Avoiding the anxiety of future and regret of past for mental stability



HOW TIME PERCEPTION INFLUENCES EMOTIONAL STATES.pdf





# PAST TIME ORIENTATION

## IMPACT OF PAST TIME ORIENTATION

Characteristics of individuals focused on the past

Psychological effects: nostalgia, regret, or trauma

Techniques to mitigate negative past influences

# PRESENT TIME ORIENTATION

## BENEFITS OF PRESENT- FOCUSED TIME ORIENTATION

- Techniques to cultivate mindfulness and present awareness
- Connection to mental equanimity: reducing stress and enhancing focus



# **FUTURE TIME ORIENTATION**

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**Characteristics of future-focused individuals**

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**Psychological effects: anxiety, planning, and ambition**

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**Balancing future planning with present mindfulness**

# PRACTICAL STRATEGIES FOR ACHIEVING MENTAL EQUANIMITY

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**Mindfulness  
meditation**

**Cognitive-  
behavioral  
techniques**

**Time  
management  
strategies**



# 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.

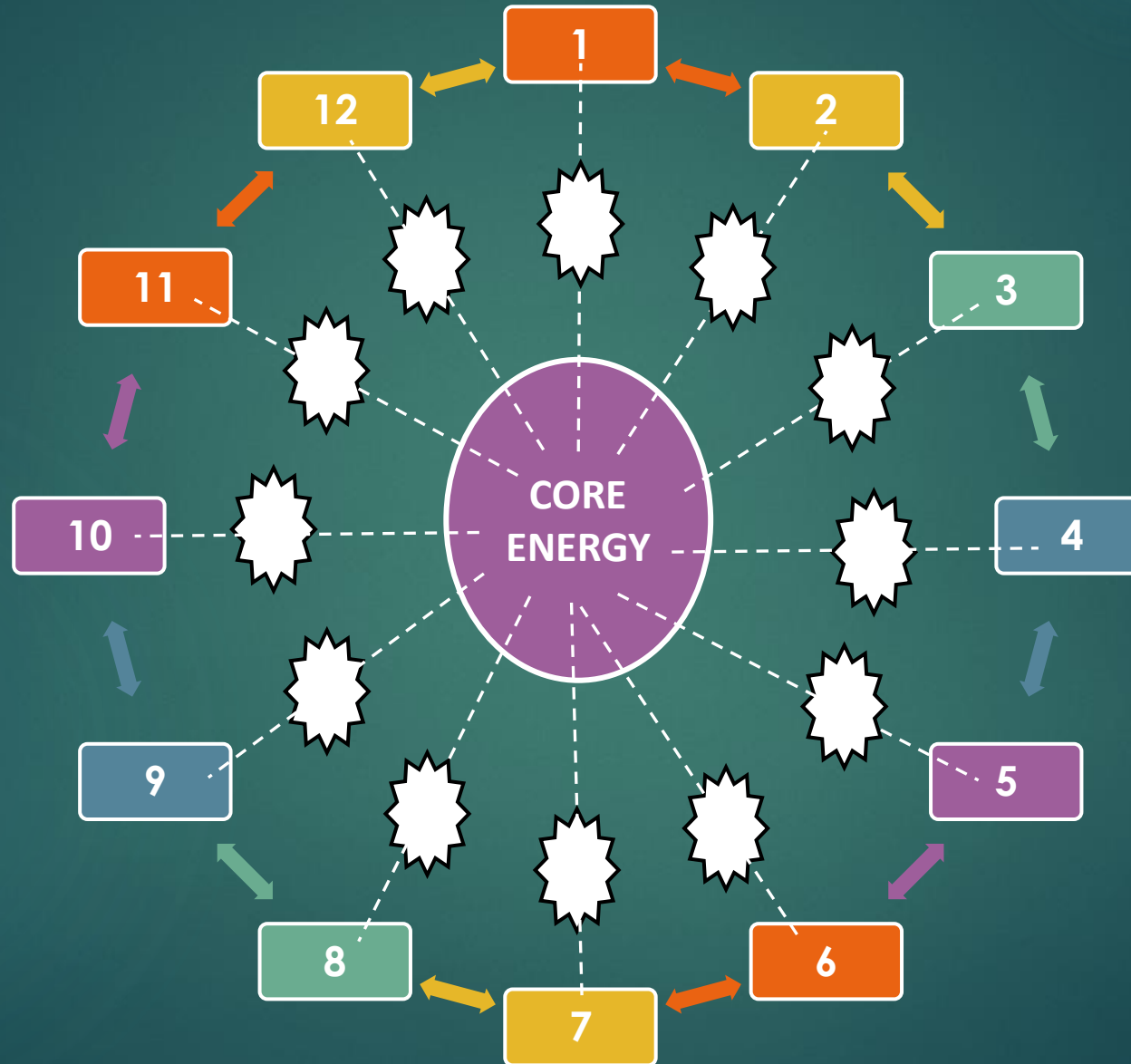
**DIMENSION # 9 Recreation and leisure:** This area relates to your hobbies, interests, and recreational activities.

**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



# 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)**

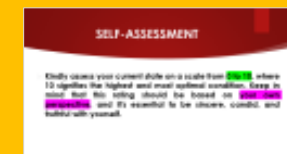
- \* Focuses on physical surroundings and living conditions
- \* Involves home, neighborhood, and community

### **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

## **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 # 23 – REVITALIZATION OF CORE (PERSONAL) ENERGY

- ▶ Revitalization of Core (Personal) Energy involves the process of restoring and enhancing one's intrinsic energy levels, essential for optimal physical, mental, and emotional well-being. This principle emphasizes practices that recharge personal vitality, including mindful breathing, balanced nutrition, physical exercise, and meditation. By focusing on core energy revitalization, individuals can achieve greater resilience, clarity, and overall health, enabling them to navigate life's challenges more effectively.



## **CENTRAL CONCEPT OF PERSONAL TRANSFORMATION WEEK 21 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

- ▶ 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



Fearless **Soul**