



ANGEL WING'S ONLINE SELF-MASTERY & PERSONAL (QUANTUM) TRANSFORMATION PROGRAM

**A SYSTEMATIC APPROACH FROM A BALANCED STATE TOWARD
PERSONAL EXCELLENCE**

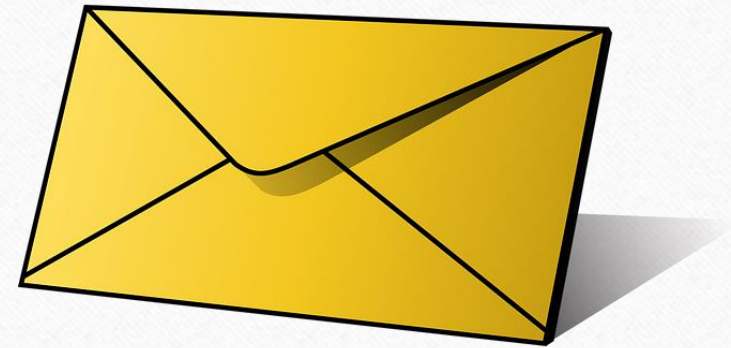
**DEVELOPED BY: THE ANGEL WING, LLC
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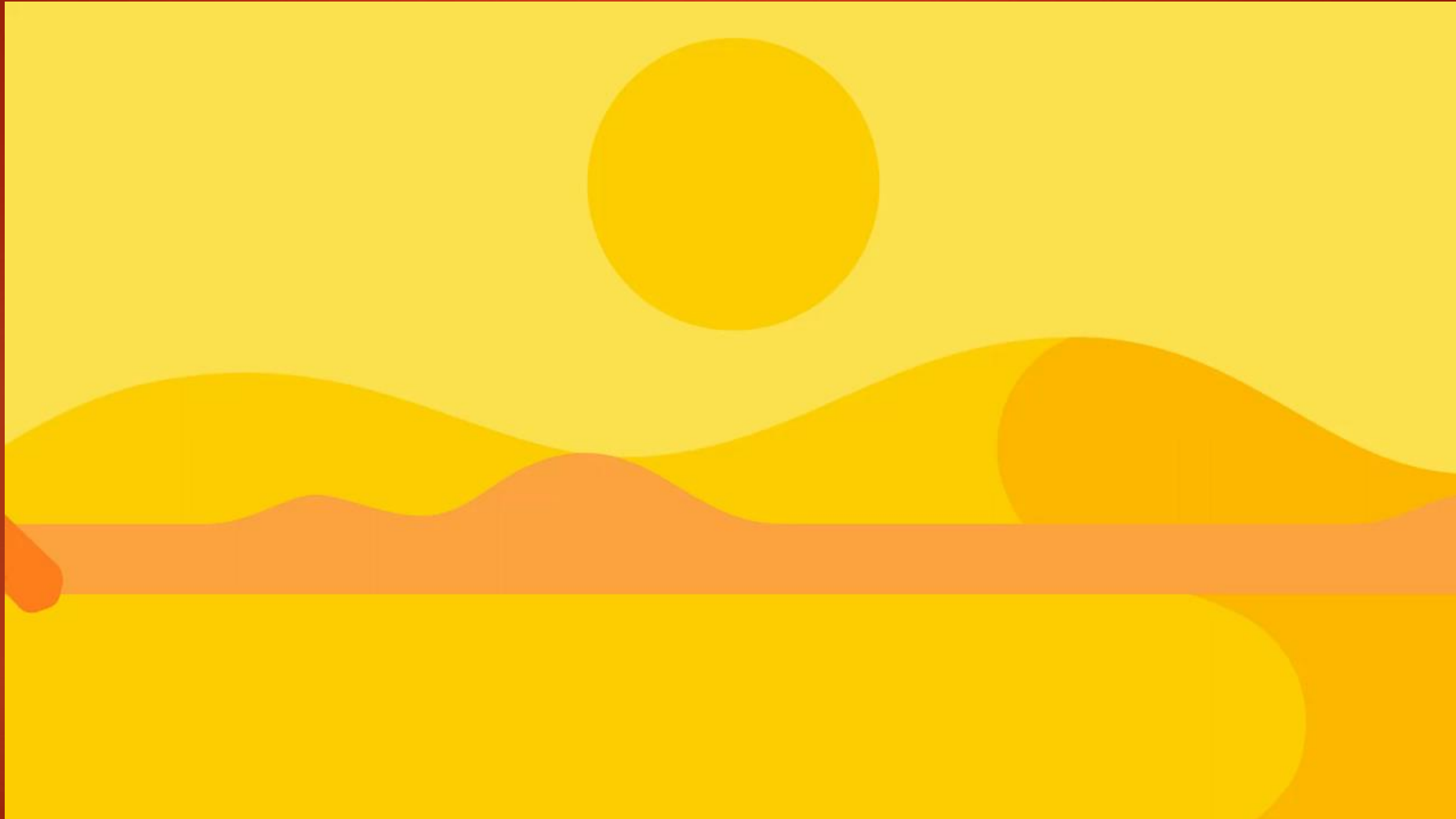
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MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK
CARD PER
WEEK

GROUNDING MEDITATION EXERCISE



WEEK # 3
ONLINE WORKSHOP BEGINS
NOW...

QUICK REVIEW FROM WEEK # 2

QUANTUM TRANSFORMATION PRINCIPLE # 2

TOLERANCE

HOMWORK EXERCISE (WEEK # 2)

(WRITE THE 5 POINTS BELOW IN WORKBOOK # 1)

(SELECT ONE TO PRACTICE THIS WEEK)

Listen

Actively listen to others without interrupting or judging them.

Expose

Expose ourselves to different perspectives and cultures, such as by reading books, watching documentaries, or traveling.

Be

Be aware of our own biases and prejudices and challenge them when they arise.

Practice

Practice empathy and put ourselves in others' shoes to better understand their point of view.

QUICK REVIEW OF CENTRAL CONCEPT (7 POINTS)



LET'S BREAK IT DOWN

(Verbal 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 (____)



**ENERGY CAN BE
DRAINED BY
PERSONAL
CONFLICTS, BOTH
INTERNAL AND
EXTERNAL**

INNER TURMOIL

- Here is a metaphorical representation of personal conflicts, depicted as a stormy sea with a small boat struggling against tumultuous waves under dark, brooding skies. This imagery symbolizes the inner turmoil and the challenging journey one faces during personal conflicts.



ENERGY ENHANCEMENT

- ▶ Here is a metaphorical image representing energy enhancement due to a lack of personal conflicts, featuring a person in a vibrant, lush forest, symbolizing rejuvenation, vitality, and emotional wellness.



SELF-DOUBT AND ENERGY DRAIN

- ▶ Here is a metaphorical image representing self-doubt and energy drain, featuring a person at a crossroads in a foggy, desolate landscape, symbolizing uncertainty, hesitation, and the feeling of being directionless.












INNER CONFLICTS

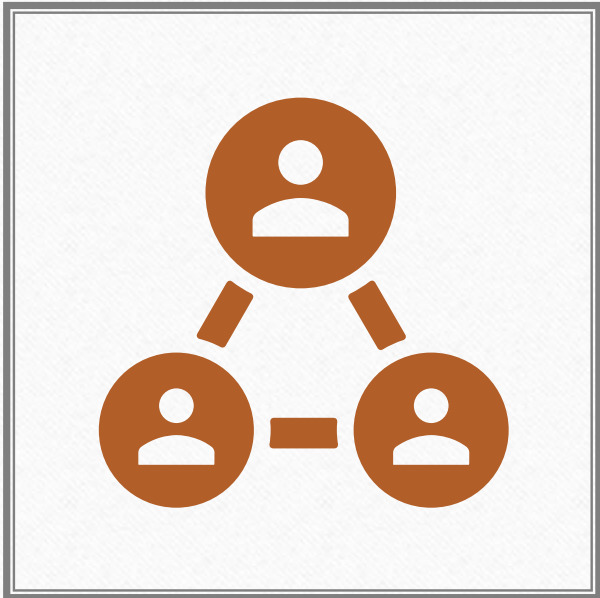
- Here is a metaphorical image representing inner conflicts, showing a person in front of a mirror with a fragmented reflection, symbolizing the complexity of inner emotions and the introspective struggle to understand oneself.

~ WRITE THE FOLLOWING SENTENCE IN YOUR WORKBOOK # 1 AND COMPLETE EACH SENTENCE (HOMEWORK)

ENERGY CAN BE DRAINED BY PERSONAL CONFLICTS, BOTH INTERNAL AND EXTERNAL

1. When people experience personal conflicts, their energy can be _____, making it difficult to focus on other tasks. 
2. Internal conflicts, such as self-doubt and anxiety, can drain our energy and make us feel _____. 
3. External conflicts, like arguments with friends or family, can also cause our energy levels to _____. 
4. One way to manage energy-draining personal conflicts is to practice _____, which helps us understand and cope with our emotions. 
5. Resolving conflicts in a timely manner can help prevent energy from being _____ and improve overall well-being. 
6. Personal conflicts can be particularly draining when they involve important _____, such as our careers, relationships, or values. 
7. By addressing both internal and external conflicts, individuals can _____ their energy levels and maintain a more balanced life. 

WHEN PEOPLE EXPERIENCE PERSONAL CONFLICTS, THEIR ENERGY CAN BE _____, MAKING IT DIFFICULT TO FOCUS ON OTHER TASKS.



- When people experience personal conflicts, their energy can be depleted, making it difficult to focus on other tasks.

**INTERNAL CONFLICTS, SUCH AS SELF-DOUBT AND ANXIETY,
CAN DRAIN OUR ENERGY AND MAKE US FEEL _____.**

- **Internal conflicts, such as self-doubt and anxiety, can drain our energy and make us feel exhausted.**



EXTERNAL CONFLICTS, LIKE ARGUMENTS WITH FRIENDS OR FAMILY, CAN ALSO CAUSE OUR ENERGY LEVELS TO _____.

- External conflicts, like arguments with friends or family, can also cause our energy levels **to diminish significantly, leaving us feeling drained and overwhelmed.**

ONE WAY TO MANAGE ENERGY-DRAINING PERSONAL CONFLICTS IS TO PRACTICE _____, WHICH HELPS US UNDERSTAND AND COPE WITH OUR EMOTIONS.

- **One way to manage energy-draining personal conflicts is to practice self-reflection, which helps us understand and cope with our emotions.**

RESOLVING CONFLICTS IN A TIMELY MANNER CAN HELP PREVENT ENERGY FROM BEING _____ AND IMPROVE OVERALL WELL-BEING.



▶ Resolving conflicts in a timely manner can help prevent energy from being dissipated and improve overall well-being, fostering equilibrium.

PERSONAL CONFLICTS CAN BE PARTICULARLY DRAINING WHEN THEY INVOLVE IMPORTANT _____, SUCH AS OUR CAREERS, RELATIONSHIPS, OR VALUES.

- **Personal conflicts can be particularly draining when they involve important dimensions, such as our careers, relationships, or values.**



BY ADDRESSING BOTH INTERNAL AND EXTERNAL
CONFLICTS, INDIVIDUALS CAN _____ THEIR
ENERGY LEVELS AND MAINTAIN A MORE
BALANCED LIFE.

- By addressing both internal and external conflicts, individuals can replenish their energy levels and maintain a more balanced life.

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.

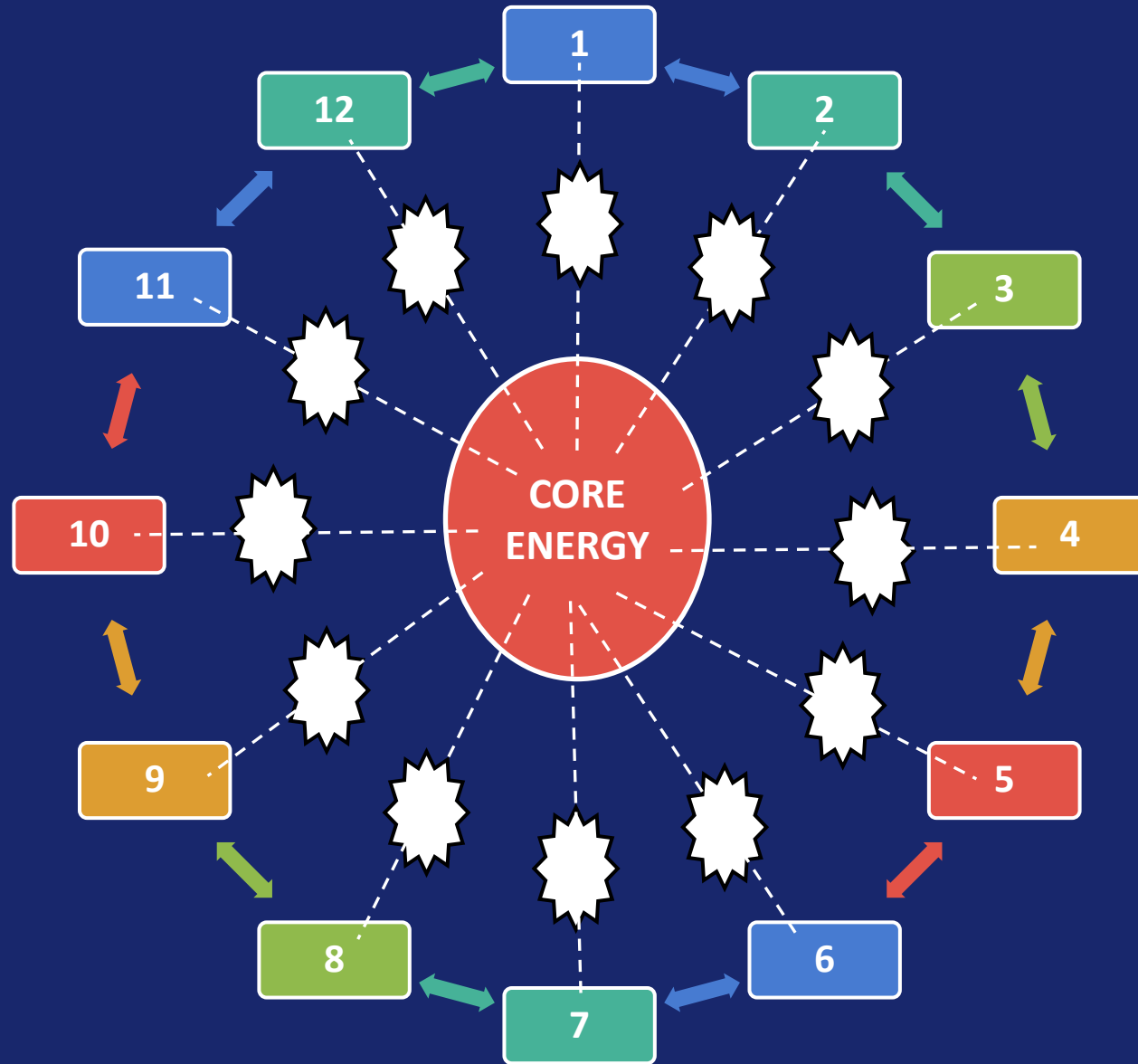
DIMENSION # 9 Recreation and leisure: This area relates to your hobbies, interests, and recreational activities.

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)

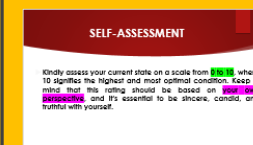
- * Focuses on physical surroundings and living conditions
- * Involves home, neighborhood, and community

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 # 3)

- **FROM WEEK 2:** On page 2 of 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 # 3: 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 -



TO
STRENGTHEN
EACH
DIMENSION
IN ONE'S
LIFE,
CONSIDER
THESE STEPS

- (1) **Career**: Pursue opportunities for growth and skill development
- (2) **Finances**: Create a budget and save consistently
- (3) **Physical health**: Exercise regularly and eat a balanced diet
- (4) **Mental health**: Practice self-care and seek support when needed
- (5) **Family and relationships**: Foster open communication and spend quality time together
- (6) **Social life**: Engage in activities with friends and join clubs or organizations
- (7) **Personal development**: Set goals and invest time in learning new skills
- (8) **Spiritual life**: Explore your beliefs and participate in spiritual practices
- (9) **Recreation and leisure**: Make time for hobbies and interests
- (10) **Environment**: Create a comfortable, organized living space and contribute to your community's wellbeing
- (11) **Contribution to society**: Volunteer or donate to causes you care about
- (12) **Life vision**: Reflect on your long-term goals and create a plan to achieve them.

HOW TO INCREASE AND SUSTAIN BALANCE IN ALL 2 DIMENSIONS OF ONE'S LIFE

- **1. Set goals and priorities:** Identify what's important to you in each dimension of your life, and set specific, measurable, achievable, relevant, and time-bound goals accordingly. Prioritize these goals and make sure they align with your overall life purpose and values.
- **2. Practice self-care:** Take care of yourself physically, mentally, and emotionally. Get enough sleep, eat healthily, exercise regularly, and manage stress. Engage in activities that bring you joy and relaxation, such as hobbies, meditation, or spending time in nature.
- **3. Build positive relationships:** Develop and maintain meaningful connections with people who support and inspire you. Cultivate healthy communication, trust, and respect in your relationships. Seek help and support when you need it, and offer help and support to others when possible.
- **4. Manage time effectively:** Manage your time wisely and efficiently, so you can balance your responsibilities and priorities. Use tools and strategies such as time blocking, to-do lists, and delegation to manage your tasks and commitments effectively.
- **5. Learn and grow:** Continuously learn and grow in all areas of your life. Seek new experiences, challenge yourself, and expand your knowledge and skills. Embrace change and uncertainty as opportunities for growth and development. Reflect on your experiences and learn from them to improve yourself and your life.

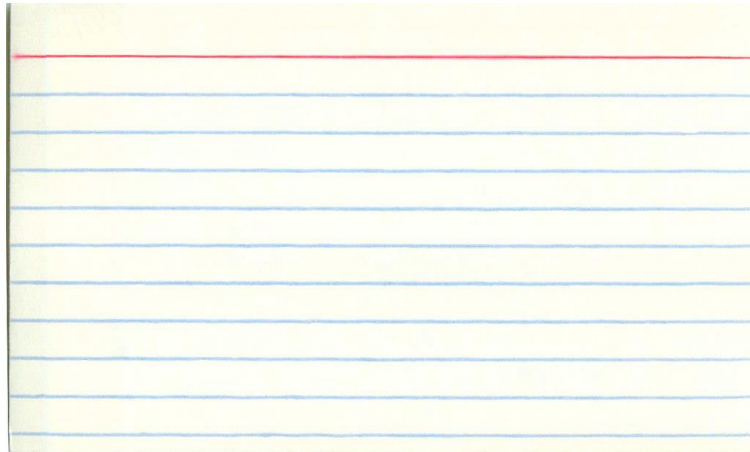
QUANTUM TRANSFORMATION PRINCIPLE # 3

AWARENESS OF MEMORY

AWARENESS OF MEMORY

- Awareness of memory refers to the conscious recognition and understanding of one's own memory processes. It encompasses the ability to reflect upon, monitor, and evaluate the effectiveness and accuracy of one's memory. This involves recognizing what has been remembered or forgotten, understanding how memory works, and being aware of the factors that can enhance or impair memory performance. It's a crucial aspect of metacognition, where an individual not only uses memory for recalling information but also has an insight into the workings of their memory system, enabling them to employ strategies to improve memory retention and recall. This awareness plays a significant role in learning, decision-making, and problem-solving, as it allows individuals to adaptively use their memory based on their understanding of its strengths and limitations.

PLACE IN FRONT OF YOU A BLANK 3 X 5 CARD



HEALTHY MEMORY EXPLORATION

WEEK # 3 HOMEWORK:

ON A 3X5 CARD, JOT DOWN ONE OF THE FOLLOWING SUGGESTIONS AND READ IT ONCE A DAY BEFORE EATING A MEAL.

Stay

Stay present:

Focus on the current moment while recalling memories to avoid getting lost in the past.

Observe

Observe without judgment:

Look at your memories as an impartial observer to prevent strong emotional attachment.

Limit

Limit time spent:

Set a specific amount of time for reminiscing to maintain a healthy balance between past and present.

Use

Use memories as a tool:

Utilize past experiences to learn and grow, rather than dwelling on them unnecessarily.

Practice

Practice mindfulness:

Engage in mindfulness techniques, such as deep breathing and meditation, to stay grounded when accessing memories.

FIVE APPROACHES FOR A DEEPER COMPREHENSION OF THE CONCEPT OF MEMORY AWARENESS



Memory is the ability to store and retrieve information in your brain.



There are different types of memory, including short-term memory which lasts a few seconds to a minute, and long-term memory which can last for years.



Memory can be improved through techniques such as repetition and association, where you connect new information to things you already know.



Memories can be influenced by emotions and experiences, and sometimes memories can be distorted or forgotten over time.



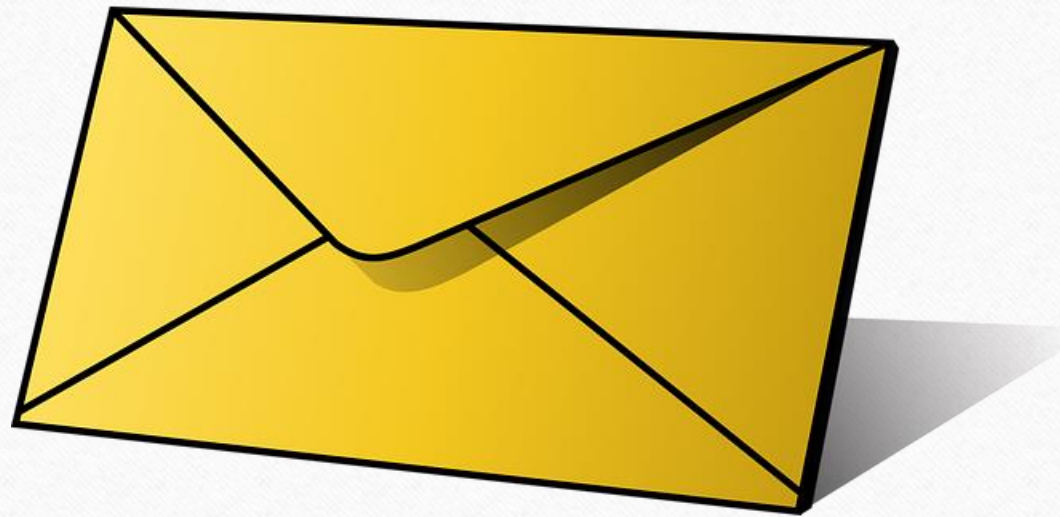
Our brains can hold a lot of information, but sometimes we need to use tools like writing things down or taking pictures to help us remember important details.

CENTRAL CONCEPT OF PERSONAL TRANSFORMATION

WEEK 3 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)



NEVER GIVE UP

