

ANGEL WING'S PERSONAL TRANSFORMATION PROGRAM

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

Developed by: The Angel Wing, LLC

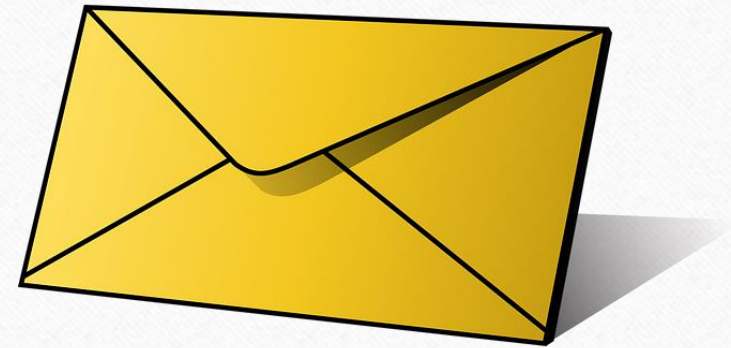
Presented by: Angel Wing Presenters

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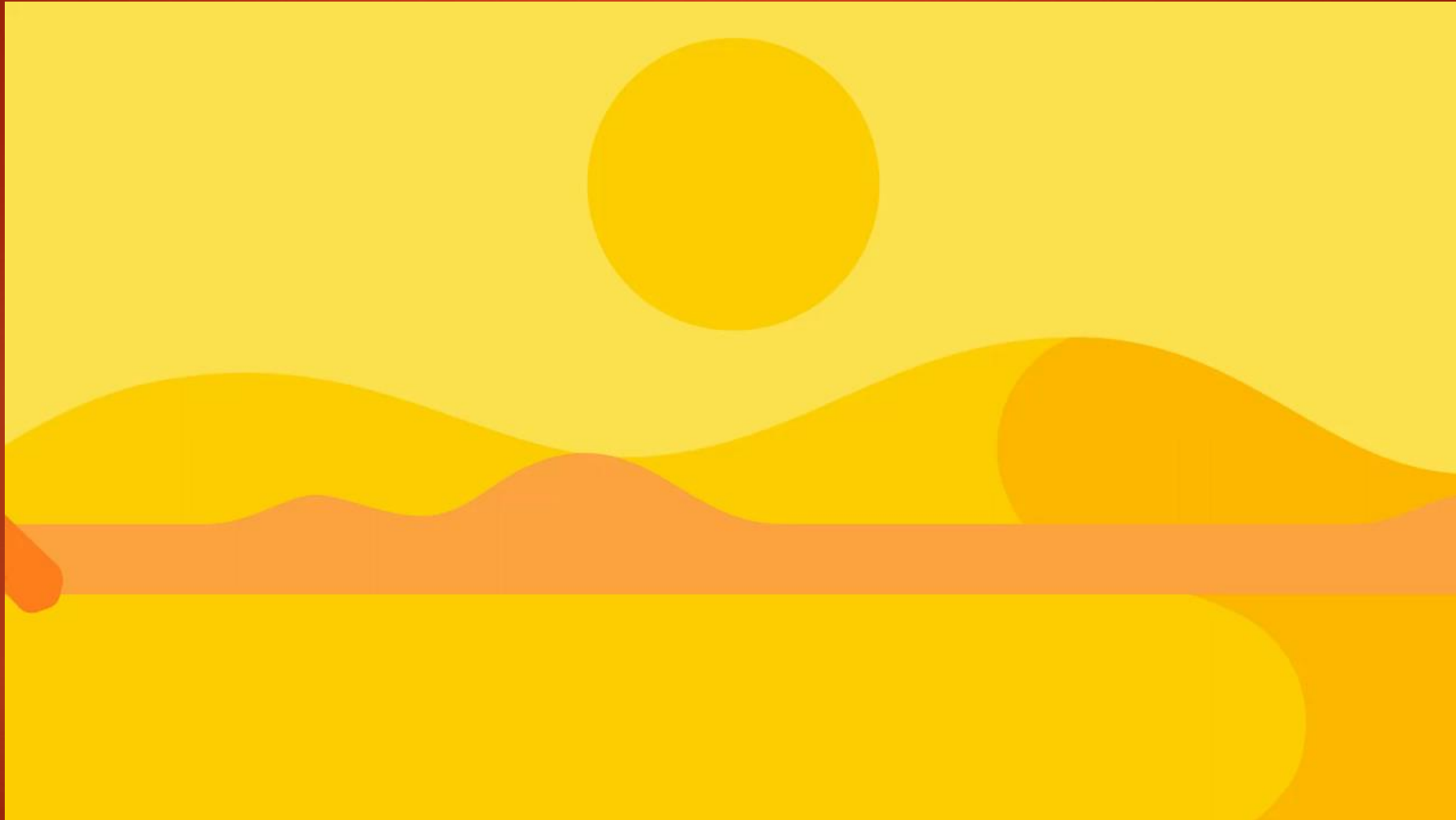
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MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK
CARD PER
WEEK

GROUNDING MEDITATION EXERCISE



WEEK # 4
ONLINE WORKSHOP BEGINS
NOW...

QUICK REVIEW FROM WEEK # 3

QUANTUM TRANSFORMATION PRINCIPLE # 3

AWARENESS OF MEMORY

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.

**WEEK# 3 HOMEWORK
DID YOU DO IT?**

**~ 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.**

QUICK REVIEW OF CENTRAL CONCEPT (7 POINTS)



LET'S BREAK IT DOWN

(Verbal Exercise)

**(Workbook # 1:
Written 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 (____)

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

STEPS CAN BE TAKEN TO REDUCE AND ELIMINATE UNNECESSARY ENERGY DISSIPATION

- **Practicing mindfulness and staying in the present moment can help reduce mental energy dissipation by focusing on the _____ at hand.**
- **Setting clear goals and priorities can help prevent unnecessary inner energy loss by giving you a sense of _____ and direction.**
- **Taking short breaks throughout the day to practice deep _____ can help reduce stress and conserve mental energy.**
- **Limiting exposure to negative information and focusing on positive aspects of life can help prevent mental energy from being _____ on unproductive thoughts.**
- **Establishing a regular sleep schedule and getting enough rest can help conserve mental energy by ensuring your mind is well-_____ for daily activities.**
- **Engaging in physical activities, like exercise or sports, can help reduce mental fatigue by releasing _____, which are natural mood elevators.**
- **Developing effective time management skills can help prevent inner energy dissipation by reducing _____ and procrastination.**

PRACTICING MINDFULNESS AND STAYING IN THE PRESENT MOMENT CAN HELP REDUCE MENTAL ENERGY DISSIPATION BY FOCUSING ON THE **TASK AT HAND.**

Focusing on the task at hand means you are using your mental energy efficiently and not wasting it.

Practicing mindfulness can improve decision-making skills, as it helps you stay calm and focused under pressure, preventing impulsive choices.

Mindfulness encourages self-awareness, helping you recognize and manage your emotions, leading to better mental energy management.

SETTING CLEAR GOALS AND PRIORITIES CAN HELP PREVENT UNNECESSARY INNER ENERGY LOSS BY GIVING YOU A SENSE OF **PURPOSE** AND DIRECTION.



Having clear goals provides a roadmap for your actions, making it easier to focus on what's important and avoid distractions.



A sense of purpose motivates you to work efficiently, conserving mental energy for tasks that align with your goals.



Prioritizing tasks helps you manage your time better, reducing stress and keeping your mental energy focused on what matters most.

TAKING SHORT BREAKS THROUGHOUT THE DAY TO PRACTICE DEEP BREATHING CAN HELP REDUCE STRESS AND CONSERVE MENTAL ENERGY.



Deep breathing helps slow down your heart rate and relax your muscles, leading to a calmer state of mind and less stress.



- Short breaks allow your brain to recharge, making it easier to focus and stay productive when you return to your tasks.



- Regularly practicing deep breathing can improve your overall mental well-being, leading to better management of mental energy.

LIMITING EXPOSURE TO NEGATIVE INFORMATION AND FOCUSING ON POSITIVE ASPECTS OF LIFE CAN HELP PREVENT MENTAL ENERGY FROM BEING WASTED ON UNPRODUCTIVE THOUGHTS.

- Constant exposure to negative information can increase stress and anxiety, making it harder to concentrate and draining mental energy.
- Focusing on positive aspects helps improve your mood and outlook on life, allowing you to use your mental energy more efficiently.
- By surrounding yourself with positive influences, you can maintain a healthier mindset and prevent unnecessary energy loss on negative thoughts.

ESTABLISHING A REGULAR SLEEP SCHEDULE AND GETTING ENOUGH REST CAN HELP CONSERVE MENTAL ENERGY BY ENSURING YOUR MIND IS WELL-RESTED FOR DAILY ACTIVITIES.

- A regular sleep schedule supports your body's natural circadian rhythm, which improves sleep quality and helps you wake up feeling refreshed.
- Getting enough rest allows your brain to recharge and process information from the day, ensuring it's ready for new tasks and challenges.
- A well-rested mind is more focused and alert, allowing you to use your mental energy efficiently and effectively throughout the day.

ENGAGING IN PHYSICAL ACTIVITIES, LIKE EXERCISE OR SPORTS, CAN HELP REDUCE MENTAL FATIGUE BY RELEASING **ENDORPHINS**, WHICH ARE NATURAL MOOD ELEVATORS.



Physical activities increase the production of endorphins, which are chemicals in your brain that improve mood and reduce stress.



- Exercise helps clear your mind, making it easier to focus on tasks and maintain a positive attitude.



- Participating in sports or other physical activities promotes a healthy lifestyle, which can contribute to improved mental energy and overall well-being.

DEVELOPING EFFECTIVE TIME MANAGEMENT SKILLS CAN HELP PREVENT INNER ENERGY DISSIPATION BY REDUCING **STRESS AND PROCRASTINATION.**



Good time management allows you to plan your tasks efficiently, ensuring you have enough mental energy for important activities.



- By setting deadlines and breaking tasks into smaller steps, you can avoid procrastination and stay on track with your goals.



- Reducing stress through effective time management helps conserve mental energy, leaving you better prepared to handle challenges and daily tasks.

QUICK MOVEMENT BREAK - STANDING STRETCHES & MOVEMENTS



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.

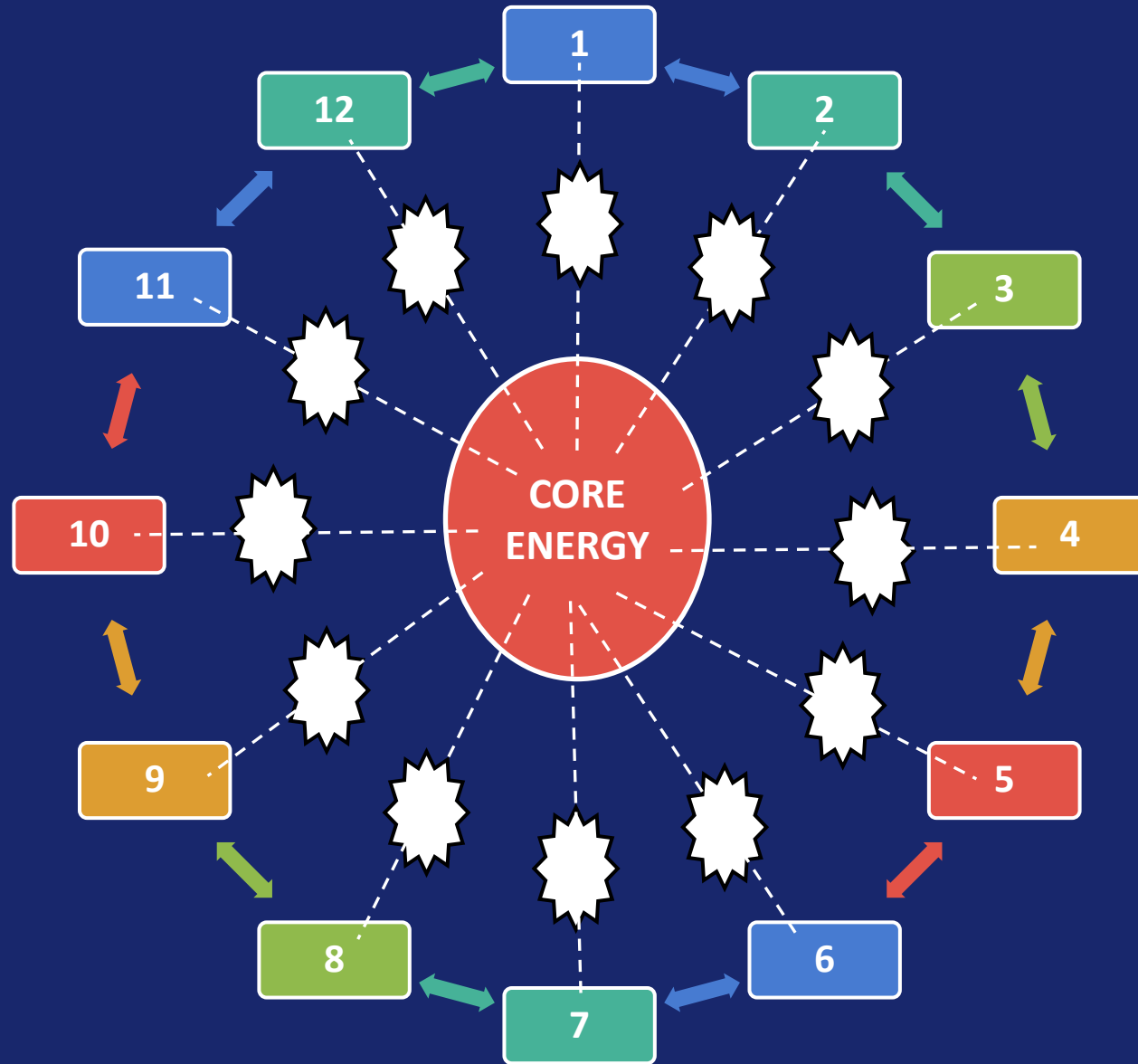
DIMENSION # 9 Recreation and leisure: This area relates to your hobbies, interests, and recreational activities.

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)

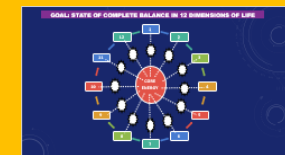
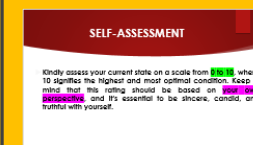
- * Focuses on physical surroundings and living conditions
- * Involves home, neighborhood, and community

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 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 # 4: 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

GENERAL GUIDELINES TO INCREASE **YOUR** NUMBER IN EACH DIMENSION

IN WORKBOOK # 2:

WRITE:

GENERAL GUIDELINES TO INCREASE MY NUMBERS

1 - CAREER:
**PURSUE
OPPORTUNITIES
FOR GROWTH
AND SKILL
DEVELOPMENT**

SELECT ~ SELECT ONE POINT BELOW (IF APPLICABLE)
AND WRITE IT DOWN AS A WAY TO INCREASE
YOUR NUMBER FOR DIMENSION # 1

Attend Attend workshops, seminars, or conferences to
stay up-to-date in your field

Seek Seek feedback from colleagues and supervisors
to identify areas for improvement

Pursue Pursue certifications or continuing education
to increase your expertise and marketability

2 - FINANCES: CREATE A BUDGET AND SAVE CONSISTENTLY

~ SELECT ONE POINT BELOW (IF APPLICABLE) AND WRITE IT DOWN AS A WAY TO INCREASE YOUR NUMBER FOR DIMENSION # 2

- ▶ Track my income and expenses to identify areas where you can cut costs
- ▶ Set up an emergency fund to cover unexpected expenses
- ▶ Contribute to retirement savings or investment accounts to build long-term wealth



3 - PHYSICAL HEALTH: EXERCISE REGULARLY AND EAT A BALANCED DIET



~ SELECT ONE POINT BELOW (IF APPLICABLE) AND WRITE IT DOWN AS A WAY TO INCREASE YOUR NUMBER FOR DIMENSION # 3



Incorporate a variety of physical activities into your routine, such as cardio, strength training, and flexibility exercises



Consume a variety of fruits, vegetables, lean proteins, and whole grains for optimal nutrition



Prioritize rest and recovery by getting adequate sleep and managing stress

4 - MENTAL HEALTH: PRACTICE SELF-CARE AND SEEK SUPPORT WHEN NEEDED



~ SELECT ONE POINT BELOW (IF APPLICABLE) AND WRITE IT DOWN AS A WAY TO INCREASE YOUR NUMBER FOR DIMENSION # 4



Engage in activities that promote relaxation, such as meditation, deep breathing, or journaling



Create a network of friends, family members, or mental health specialists to rely on in times of hardship.



Set boundaries and avoid over-committing to prevent burnout

5 - FAMILY AND RELATIONSHIPS: FOSTER OPEN COMMUNICATION AND SPEND QUALITY TIME TOGETHER



~ SELECT ONE BELOW (IF APPLICABLE) AND WRITE IT DOWN AS A WAY TO INCREASE YOUR NUMBER FOR DIMENSION # 5



Schedule regular family meals, game nights, or outings to stay connected



Actively listen and empathize with each other's feelings and concerns



Show appreciation and gratitude through gestures, words, or acts of kindness



6 - SOCIAL LIFE: ENGAGE IN ACTIVITIES WITH FRIENDS
AND JOIN CLUBS OR ORGANIZATIONS

~ SELECT ONE POINT BELOW (IF APPLICABLE) AND WRITE IT DOWN AS A
WAY TO INCREASE YOUR NUMBER FOR DIMENSION # 6

1. Plan regular outings, gatherings, or events with friends to maintain connections
2. Join clubs or organizations that align with your interests or values to meet like-minded individuals
3. Attend community events or engage in local activities to expand your social circle

7 - PERSONAL DEVELOPMENT: SET GOALS AND INVEST TIME IN LEARNING NEW SKILLS



~ SELECT ONE POINT BELOW (IF APPLICABLE) AND WRITE IT DOWN AS A WAY TO INCREASE YOUR NUMBER FOR DIMENSION # 7



Identify areas of interest or desired growth and set SMART goals to achieve them



Dedicate time to read, take courses, or attend workshops related to your goals



Reflect on your progress regularly and adjust your approach as needed



SMART PLAN & GOALS



Specific

Clearly define the objective
Use precise language and details
Identify key actions and milestones



Measurable

Establish quantifiable metrics
Define benchmarks for success
Track progress consistently



Achievable

Set realistic expectations
Align goals with skills and resources
Break larger goals into smaller, manageable tasks



Relevant

Ensure goals align with overall objectives
Focus on high-impact activities
Consider the bigger picture and long-term vision



Time-bound

Establish clear deadlines
Create a timeline for milestones
Regularly evaluate progress and adjust as needed

8 - SPIRITUAL LIFE: EXPLORE YOUR BELIEFS AND PARTICIPATE IN SPIRITUAL PRACTICES



~ SELECT ONE POINT BELOW (IF APPLICABLE) AND WRITE IT DOWN AS A WAY TO INCREASE YOUR NUMBER FOR DIMENSION # 8



Reflect on your values, beliefs, and sense of purpose through journaling, meditation, or conversation



Attend religious or spiritual gatherings, workshops, or retreats to deepen your understanding



Incorporate daily rituals, such as prayer or mindfulness, to nurture your spiritual well-being

9 - RECREATION AND LEISURE: MAKE TIME FOR HOBBIES AND INTERESTS



~ SELECT ONE BELOW (IF APPLICABLE) AND WRITE IT DOWN AS A WAY TO INCREASE YOUR NUMBER FOR DIMENSION # 9



Schedule regular downtime to engage in activities you enjoy or that help you unwind



Explore new hobbies or interests to keep your leisure time engaging and fulfilling



Share your interests with others to build connections and create a sense of community

10 - ENVIRONMENT: CREATE A COMFORTABLE, ORGANIZED LIVING SPACE AND CONTRIBUTE TO YOUR COMMUNITY'S WELLBEING



SELECT ONE BELOW (IF APPLICABLE) AND WRITE IT DOWN AS A WAY TO INCREASE YOUR NUMBER FOR DIMENSION # 10



Declutter and maintain organization in your home to create a serene and functional environment

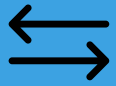


Implement eco-friendly practices, such as recycling, conserving energy, or using reusable products



Participate in community improvement projects or initiatives to promote a healthy, thriving environment

11 - CONTRIBUTION TO SOCIETY: VOLUNTEER OR DONATE TO CAUSES YOU CARE ABOUT



SELECT ONE BELOW (IF APPLICABLE) AND WRITE IT DOWN AS A WAY TO INCREASE YOUR NUMBER FOR DIMENSION # 11



Identify organizations or causes that align with your values and offer your time or resources



Use your skills or expertise to make a meaningful impact in your community or beyond



Raise awareness and advocate for important issues through social media, conversations, or events

12 - LIFE VISION: REFLECT ON YOUR LONG-TERM GOALS AND CREATE A PLAN TO ACHIEVE THEM



SELECT ONE BELOW (IF APPLICABLE) AND WRITE IT DOWN AS A WAY TO INCREASE YOUR NUMBER FOR DIMENSION # 12



Consider your values, passions, and strengths when envisioning your ideal future



Break down your long-term goals into smaller, actionable steps to make them more achievable



Regularly review and adjust your plan to account for changes in your circumstances or priorities

QUANTUM TRANSFORMATION PRINCIPLE # 4

EMPATHY & COMPASSION

COMPASSION AND EMPATHY ARE TWO CLOSELY RELATED EMOTIONAL STATES, BUT THEY HAVE DISTINCT CHARACTERISTICS:



Empathy refers to the ability to understand and share the feelings of another. It involves putting oneself in someone else's shoes, either emotionally or cognitively. Emotional empathy is the capacity to physically feel what another person is feeling, while cognitive empathy involves understanding someone's situation and feelings on an intellectual level. Empathy doesn't necessarily involve a drive to help or comfort the person, although it often can lead to compassionate actions.

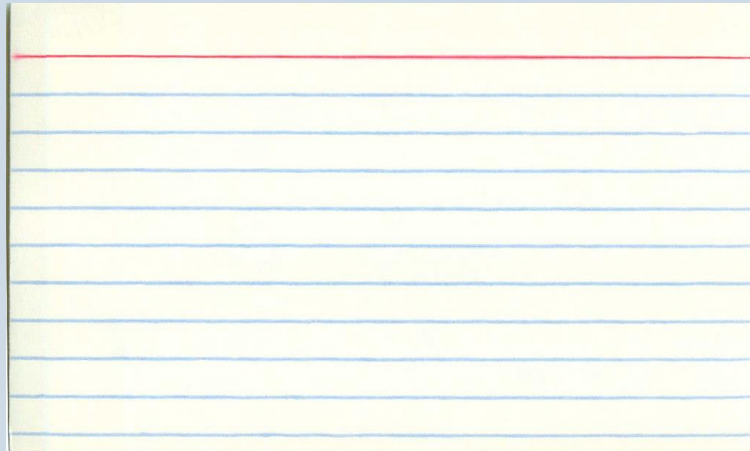


Compassion, on the other hand, goes a step further than empathy. It not only involves understanding another person's pain and emotional state, but also includes a desire to help alleviate that pain. Compassion is often viewed as a more active process, where one not only understands or feels what the other person is experiencing but also seeks to take action to address their suffering or distress.



In summary, **empathy** is about feeling what another person feels, understanding their perspective, and mentally sharing in their emotional experience. **Compassion** builds on empathy and includes a motivational aspect – the desire to alleviate another's suffering through kind actions or support.

**PLACE IN FRONT OF YOU A BLANK
3 X 5 CARD**



COMPASSION & EMPATHY

WEEK # 4 HOMEWORK:

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

Understanding feelings: Compassion and empathy involve recognizing and understanding other people's emotions, allowing us to connect with them on a deeper level.

Non-judgmental support: When we show empathy and compassion, we offer a safe space for others to express their feelings without fear of being judged or criticized.

Kindness and caring: Compassion and empathy encourage us to treat others with kindness and care, even when they are going through difficult times.

Emotional intelligence: Developing empathy and compassion helps improve our emotional intelligence, which is our ability to manage and understand our own and others' emotions.

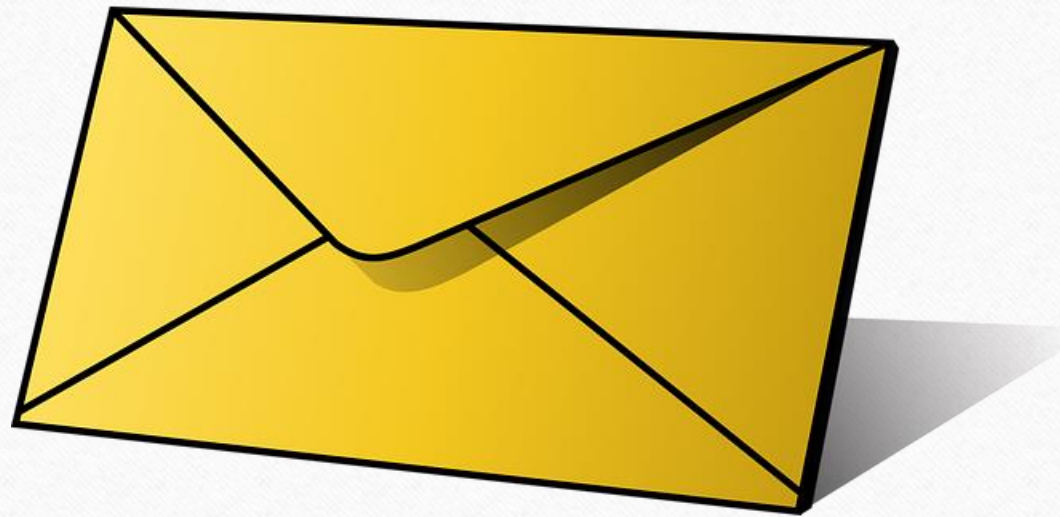
Strengthen relationships: Practicing empathy and compassion can strengthen our relationships and help us form meaningful connections with friends, family, and peers.

CENTRAL CONCEPT OF PERSONAL TRANSFORMATION

WEEK 4 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



Fearless **Soul**