

ANGEL WING'S ONLINE PERSONAL TRANSFORMATION PROGRAM

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

Developed by: The Angel Wing, LLC

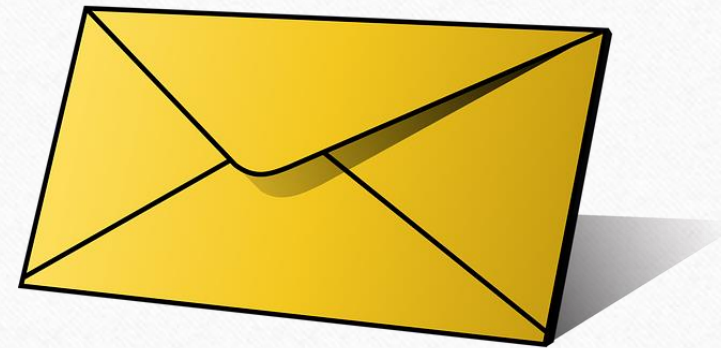
Presented by: Angel Wing Presenters

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MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK
CARD PER
WEEK

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.

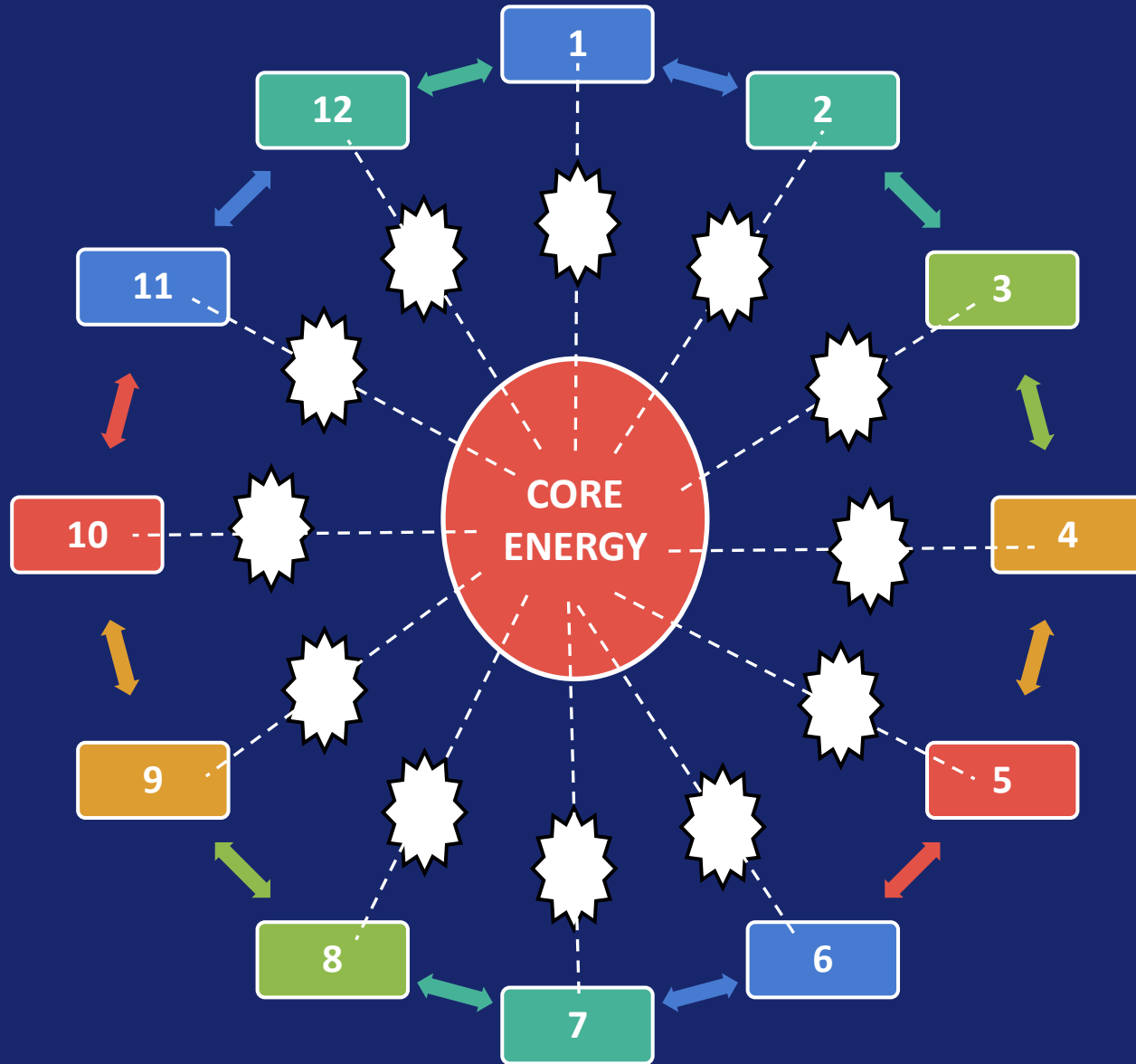
DIMENSION # 9 Recreation and leisure: This area relates to your hobbies, interests, and recreational activities.

DIMENSION # 10 - Environment: This area relates to your physical surroundings and living conditions, including your home, neighborhood, and community.

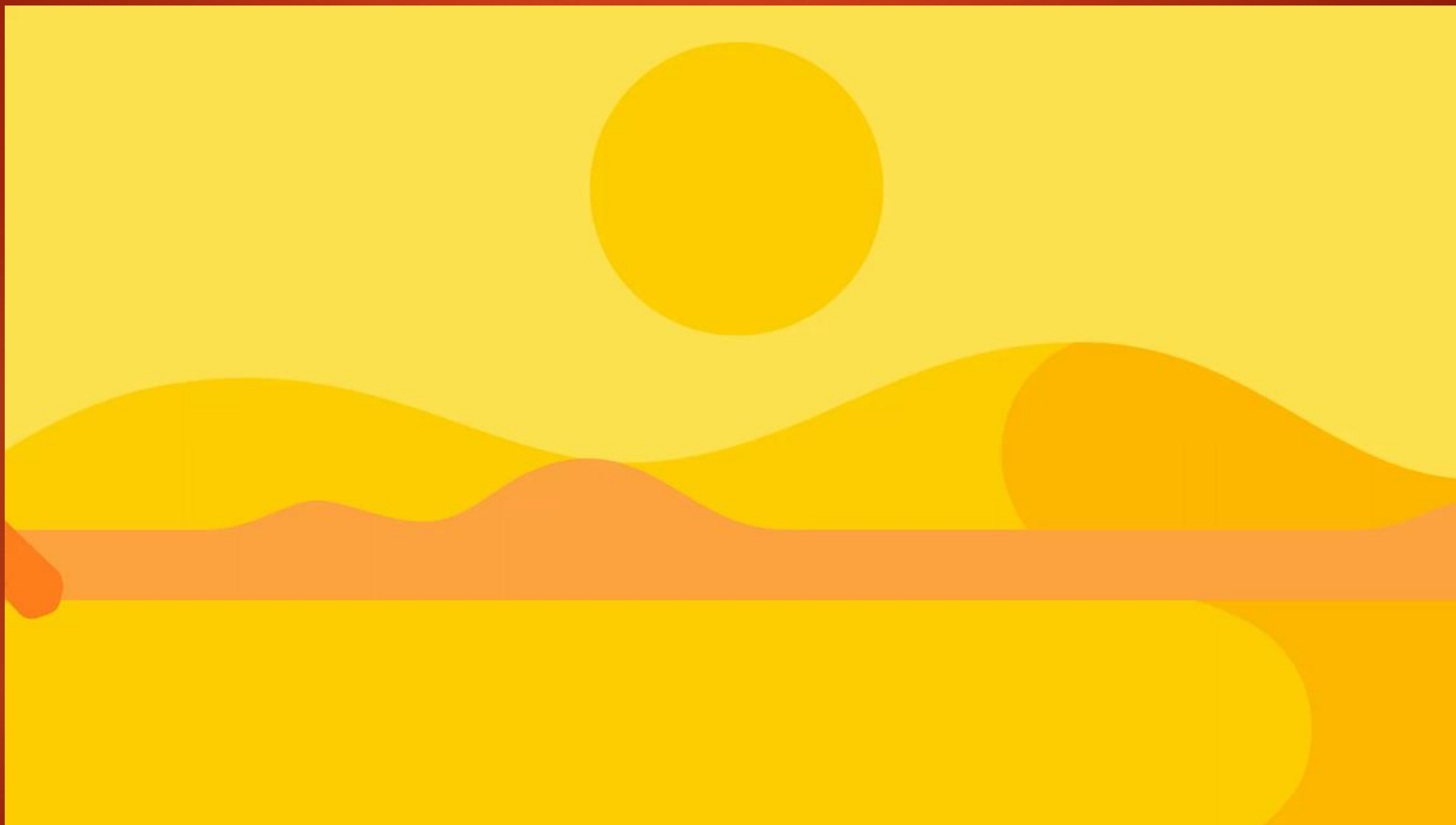
DIMENSION # 11 Contribution to society: This area relates to your contribution to society, including volunteer work, charitable activities, and community involvement.

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



GROUNDING MEDITATION EXERCISE



WEEK # 6
ONLINE WORKSHOP BEGINS
NOW...

QUICK REVIEW FROM WEEK # 5

QUANTUM TRANSFORMATION PRINCIPLE # 5

INTEGRATION



WHAT IS INTEGRATION?

- **Integration refers to the process of combining different aspects of oneself, such as thoughts, emotions, and behaviors, into a coherent and harmonious whole. Integration is a key component of psychological well-being and is essential for achieving a balanced and fulfilling life.**

COMPASSION & EMPATHY

WEEK # 4 HOMEWORK:

ON A 3X5 CARD,
JOT DOWN ONE 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.

**WEEK# 4 HOMEWORK
DID YOU DO IT?**

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

Revitalized energy permeates every aspect of life, including the 12 dimensions

- ▶ Revitalized energy is like a breath of fresh air, awakening the dormant potential within us and inspiring us to pursue our dreams with renewed vigor.
- ▶ When we tap into our revitalized energy, we unlock a hidden reservoir of power, capable of transforming our lives and elevating our spirits to new heights.
- ▶ Revitalized energy is the fuel that drives our passions, illuminates our purpose, and empowers us to overcome any obstacle on the path to success.
- ▶ As we harness the power of revitalized energy, we become architects of our destiny, shaping our lives with intention and determination, one vibrant moment at a time.
- ▶ When we embrace the gift of revitalized energy, we open the doors to a world of limitless possibilities, where dreams become reality and the impossible becomes achievable.



WHAT IS DORMANT POTENTIAL?



Revitalized energy is like a breath of fresh air, awakening the dormant potential within us and inspiring us to pursue our dreams with renewed vigor.



QUESTION: WHAT IS DORMANT POTENTIAL?



Write a “quick sentence” right now about “dormant potential.” You may use an online tool if you want. Keep it really simple. (You may draw a picture if you want.)

REVITALIZED ENERGY IS LIKE A BREATH OF FRESH AIR, AWAKENING THE DORMANT POTENTIAL WITHIN US AND INSPIRING US TO PURSUE OUR DREAMS WITH RENEWED VIGOR.

DIAGRAM DESCRIPTION:

Start with a large circle in the center of the diagram, representing the individual. Label this circle "You."

Draw a wavy arrow originating from outside the circle, moving inwards towards the center, representing the inflow of revitalized energy. Label this arrow "Revitalized Energy."

Inside the "You" circle, draw a smaller circle or section representing "Dormant Potential." You can use dashed lines or a lighter color to emphasize its dormant state.

Draw another arrow from the "Revitalized Energy" arrow to the "Dormant Potential" section, indicating the activation of this potential by the revitalized energy.

Change the appearance of the "Dormant Potential" section to look more vibrant, representing its awakening due to the revitalized energy. Label it "Awakened Potential."

Draw multiple arrows originating from the "Awakened Potential" section and extending outwards from the "You" circle. Label these arrows "Inspired Actions."

Along the "Inspired Actions" arrows, add keywords or phrases representing various dreams and aspirations, such as "Career Success," "Healthy Relationships," "Personal Growth," and "Creative Endeavors."

This diagram visually represents the concept of revitalized energy as a breath of fresh air that awakens dormant potential and inspires individuals to pursue their dreams with renewed enthusiasm.

WHAT IS “RESERVOIR OF POWER?”



When we tap into our revitalized energy, we unlock a hidden reservoir of power, capable of transforming our lives and elevating our spirits to new heights.



QUESTION: WHAT IS THE RESERVOIR OF POWER?



Write a “quick sentence” right now about “RESERVOIR OF POWER.” You may use an online tool if you want. Keep it really simple. (You may draw a picture if you want.)

When we tap into our revitalized energy, we unlock a hidden reservoir of power, capable of transforming our lives and elevating our spirits to new heights.

DIAGRAM DESCRIPTION:

Draw a large padlock in the center of the diagram, symbolizing the hidden reservoir of power. Label it "Hidden Power."

Create a key above the padlock, representing the revitalized energy. Label the key "Revitalized Energy."

Draw an arrow from the key to the padlock, indicating the action of unlocking the hidden power by tapping into revitalized energy.

Once the padlock is unlocked, draw an upward burst of light or energy rays emanating from the padlock, symbolizing the release of the hidden power.

Along the energy rays, add keywords or phrases representing various aspects of life transformation and elevated spirits, such as "Personal Growth," "Happiness," "Success," "Creativity," "Confidence," and "Resilience."

Optionally, include a short description below the diagram: "Tapping into revitalized energy unlocks a hidden reservoir of power, capable of transforming our lives and elevating our spirits to new heights."

This diagram visually represents the concept of tapping into revitalized energy to unlock hidden power, leading to life transformation and elevated spirits.

WHAT IS THE FUEL THAT DRIVES MY PASSIONS?



Revitalized energy is the fuel that drives MY passions, illuminates MY purpose, and empowers ME to overcome any obstacle on the path to success.



QUESTION: WHAT IS THE FUEL THAT DRIVES MY PASSIONS?



Write a “quick sentence” right now about “THE FUEL THAT DRIVES OUR PASSIONS.” You may use an online tool if you want. Keep it really simple. (You may draw a picture if you want.)

The Power of Revitalized Energy

- ▶ **Materials:**
- ▶ Sketchpad or paper
- ▶ Pencils and erasers
- ▶ Colored pencils or markers
- ▶ Optional: collage materials (magazines, newspapers, colored paper, etc.)



THE POWER OF REVITALIZED ENERGY

Step 1: Visualize Your Energy

- ▶ Close your eyes and take a few moments to visualize your energy when it's fully revitalized. What color(s) is it? What shape(s) does it take? How does it move or flow? Jot down your thoughts if it helps.

Step 2: Sketch Your Energy

- ▶ Begin to sketch what this energy looks like on your paper. Keep it loose and abstract - don't worry about making it 'realistic.' Remember, this is your energy, so it can look like anything you imagine!

Step 3: Show Your Passions

- ▶ Next, consider what your passions are. Are they activities, ideas, people, places? Start sketching symbols or representations of these passions around or within your energy.

Step 4: Illuminate Your Purpose

- ▶ Now, think about your purpose. How does your revitalized energy fuel this purpose? Draw a light source somewhere in your piece that represents this purpose being illuminated by your energy. This could be an actual light bulb, a star, a lighthouse, or something else that symbolizes light for you.

Step 5: Represent Your Obstacles

- ▶ Consider the obstacles you've overcome or are currently facing on your path to success. Sketch these as physical barriers or challenges within your drawing. They can be mountains, walls, stormy seas, or even more abstract representations.

THE POWER OF REVITALIZED ENERGY

Step 6: Show Your Empowerment

- ▶ Illustrate how your revitalized energy empowers you to overcome these obstacles. Maybe it's a bridge over a chasm, a boat to cross a rough sea, or wings to fly over a mountain. This is your opportunity to get creative and symbolize your empowerment!

Step 7: Color Your Drawing

- ▶ Finally, add color to your drawing. If you feel that certain colors represent your energy, passions, purpose, obstacles, or empowerment, use those. If not, simply use colors that you're drawn to or that you feel add to the mood of your drawing.
- ▶ **Reflection:** After you're finished, spend a few minutes reflecting on your artwork. What does it tell you about your energy, your passions, and your purpose? How does it feel to visually represent these aspects of your life? Consider writing down these reflections in a journal or discussing them with a friend or loved one.
- ▶ **Remember**, there's no 'wrong' way to do this exercise. The goal is to express your inner experiences and connect more deeply with your revitalized energy, your passions, your purpose, and your empowerment. Enjoy the process!

WHAT DOES THIS MEAN: WE ARE ARCHITECTS OF OUR DESTINY

As we harness the power of revitalized energy, we become architects of our destiny, shaping our lives with intention and determination, one vibrant moment at a time.

QUESTION: HOW AM I THE ARCHITECT OF MY DESTINY?

Write a “quick sentence” right now about “ARCHITECT OF MY DESTINY.” You may use an online tool if you want. Keep it really simple. (You may draw a picture if you want.)

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Architects of Destiny: Shaping Lives with Revitalized Energy

Materials:

- ▶ Sketchpad or paper
- ▶ Pencils and erasers
- ▶ Colored pencils or markers
- ▶ Rulers or drawing compasses (optional)
- ▶ Optional: collage materials (magazines, newspapers, colored paper, etc.)



ARCHITECTS OF DESTINY: SHAPING LIVES WITH REVITALIZED ENERGY

Step 1: Visualize Your Energy

- ▶ Take a moment to close your eyes and visualize your revitalized energy. What does it look like? What color(s) is it? How does it move or interact with the world around you? Jot down these thoughts if it helps.

Step 2: Sketch Your Energy

- ▶ On your sketchpad or paper, draw your energy. Remember, this is a personal visualization and doesn't need to be a realistic depiction. This is the foundation of your building, the power source that drives the architect - you.

Step 3: Consider Your Destiny

- ▶ Think about your future, your destiny. If you could imagine it as a building, what would it look like? A skyscraper? A cozy cottage? A futuristic dome? Sketch this building as a blueprint or architectural design. Don't worry about the technical aspects of drawing a blueprint, just focus on getting the basic shapes and outlines.

ARCHITECTS OF DESTINY: SHAPING LIVES WITH REVITALIZED ENERGY

Step 4: The Vibrant Moments

- ▶ Within your building, designate rooms or areas that represent different moments in your life that are filled with vibrant, revitalized energy. You could draw these moments as symbols, scenes, or even abstract shapes or colors.

Step 5: Tools of Determination

- ▶ Now, think about the tools you use to shape your life with intention and determination. These could be skills, values, or other personal strengths. Draw these as tools within your blueprint - hammers, screwdrivers, saws, or other items that represent these tools for you.

Step 6: Coloring Your Drawing

- ▶ Use colored pencils or markers to add color to your drawing. What colors represent your energy, your destiny, your vibrant moments, and your tools of determination?
- ▶ **Reflection:** After you're done, take some time to reflect on your drawing. What did you learn about yourself and your destiny? How did it feel to visualize your future in this way? Consider discussing your thoughts with a friend or writing them down in a journal.
- ▶ **Remember,** the goal of this exercise is not to create a perfect piece of art, but to explore your feelings and ideas about your energy, your future, and your power to shape your destiny. Enjoy the process!

WHAT ARE: LIMITLESS POSSIBILITIES



When we embrace the gift of revitalized energy, we open the doors to a world of limitless possibilities, where dreams become reality and the impossible becomes achievable.



QUESTION: WHERE ARE MY LIMITLESS POSSIBILITIES?



Write a “quick sentence” right now about “LIMITLESS POSSIBILITIES.” You may use an online tool if you want. Keep it really simple. (You may draw a picture if you want.)

THE GIFT OF REVITALIZED ENERGY: DOORS TO LIMITLESS POSSIBILITIES

Materials:

- ▶ Sketchpad or paper
- ▶ Pencils and erasers
- ▶ Colored pencils or markers
- ▶ Optional: collage materials (magazines, newspapers, colored paper, etc.)

THE GIFT OF REVITALIZED ENERGY: DOORS TO LIMITLESS POSSIBILITIES

Visualize



Visualize Your Energy

- Close your eyes and think about your revitalized energy. How does it feel, look, or sound? What color(s) does it evoke? Write down any thoughts that come up.

Sketch



Sketch Your Energy

- Begin your drawing by representing your revitalized energy. This could be an abstract form, a color, a symbol, or anything that feels right to you.

Draw



Draw the Doors

- Next, draw multiple doors of different shapes and sizes around or coming from your energy. These doors represent the limitless possibilities that open up when you embrace your revitalized energy.

Peek

Peek into the Possibilities

- **Imagine what lies beyond each door. What dreams, goals, and possibilities are waiting for you? Draw a small, symbolic representation of each possibility in or around each door. You can draw these as actual scenes, as symbols, or as abstract shapes or colors.**

THE GIFT OF REVITALIZED ENERGY: DOORS TO LIMITLESS POSSIBILITIES

Step 5: Show the Achievable Impossible

- ▶ Consider something that you once thought was impossible but now see as achievable due to your revitalized energy. Draw a larger door or gateway and depict this 'impossible' becoming 'possible' through this door.

Step 6: Color Your Drawing

- ▶ Now it's time to bring your sketch to life with color. Use your colored pencils or markers to add depth, intensity, and mood to your sketch. If certain colors represent your energy, dreams, or possibilities, be sure to include them.
- ▶ **Reflection:** Once you have completed your artwork, take a moment to reflect on the process and the finished piece. How did it feel to visualize your revitalized energy opening doors to possibilities? Do you see your goals and dreams in a new light?
- ▶ **Remember,** this exercise is all about exploration and expression, not about creating a 'perfect' artwork. Enjoy the process and embrace the revitalized energy you've tapped into.

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.

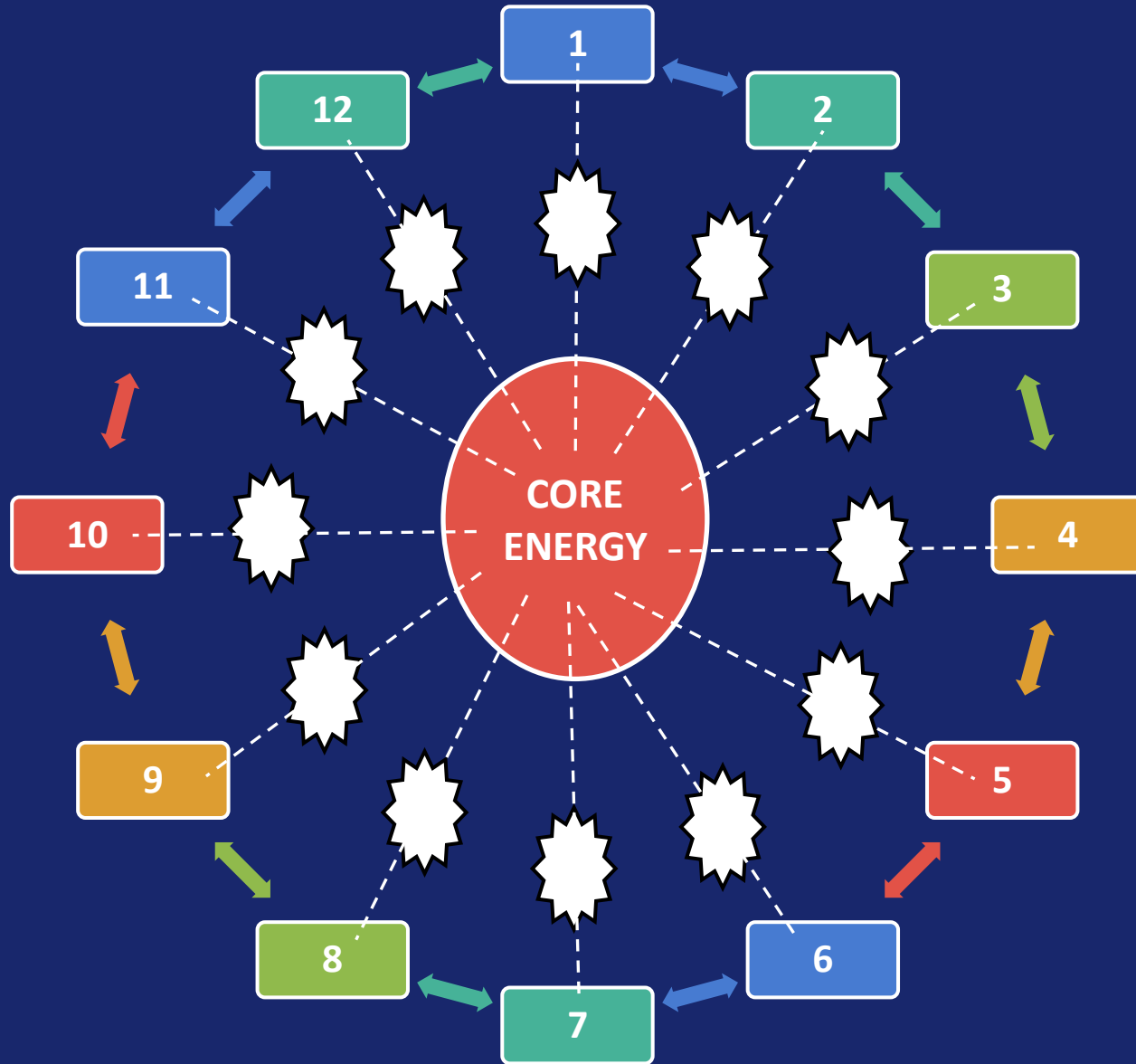
DIMENSION # 9 Recreation and leisure: This area relates to your hobbies, interests, and recreational activities.

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)

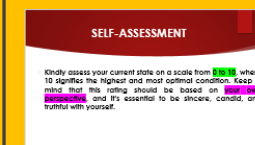
- * Focuses on physical surroundings and living conditions
- * Involves home, neighborhood, and community

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 # 4)

- 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 # 5: 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 |

DIMENSION # 2 – FINANCES: THIS AREA RELATES TO YOUR FINANCIAL SITUATION, INCLUDING YOUR INCOME, EXPENSES, SAVINGS, AND INVESTMENTS

- **Income and Expenses:** Try the "50/30/20 rule" for budgeting - spend 50% of your income on needs, 30% on wants, and save 20%. This simple rule can help you keep your spending in check and ensure you're saving each month.
- **Savings:** Automate your savings. Set up a direct transfer to your savings account that occurs right after each payday. This "pay yourself first" approach ensures you don't forget to save and helps grow your savings without much thought.
- **Investments:** Start small with a low-cost index fund or a robo-advisor. These options are great for beginners as they offer diversification and are generally less risky than individual stock picking. As you learn more about investing, you can gradually diversify your portfolio.

FINANCIAL LANDSCAPE – DRAWING EXERCISE

- Materials Needed:
- A large sheet of paper (like a poster board)
- Different colored markers or pens
- Stickers or colored post-its (optional)

FINANCIAL LANDSCAPE – DRAWING EXERCISE



Income Streams: Start by drawing a large river at the bottom of your paper. This represents your income. Each tributary (smaller river that feeds into the large river) represents a different income source. You might have a tributary for your salary, another for a side job, another for rental income, etc. Use different colors for each income source, and the wider the tributary, the more income it represents.



Expenses: Now, draw some clouds at the top of the page. These clouds represent your expenses. Draw rain falling from the clouds into the river - each raindrop represents an expense. The bigger the raindrop, the bigger the expense. You could have a raindrop for rent or mortgage, another for groceries, another for entertainment, etc.



Savings: Draw a large dam or reservoir on the river to represent your savings. The bigger the reservoir, the more you're able to save. If your savings are currently low, the dam might be small or leaking.

FINANCIAL LANDSCAPE – DRAWING EXERCISE (CONTINUED)

Investments: Draw trees along the riverbanks to represent your investments. These trees are nourished by your income (the river), and their size and number reflect the success and diversity of your investments.

Debts: Draw rocks or rapids in your river to represent debts. The size of the rock or the intensity of the rapids represent the size of the debt and how much it disrupts your income flow.

Goals: Use stickers or colored post-its to mark financial goals on your landscape. Maybe you want to increase the size of your reservoir (save more), grow more trees (increase investments), or reduce the number of rocks (pay off debts).

REVIEW YOUR DRAWING



Review your "Financial Landscape" drawing. What areas are working well? What areas need improvement? How can you adjust your income, expenses, savings, investments, and debts to reach your financial goals? Remember, this is your financial journey, and this map will help you navigate it.

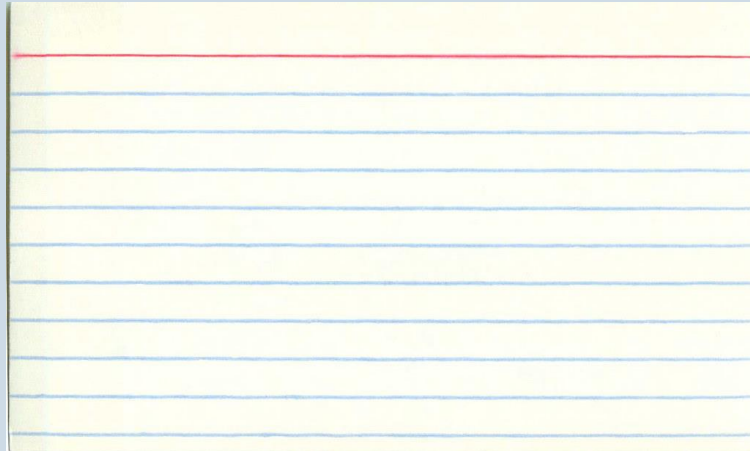


Try to do this exercise every few months to see how your financial landscape changes over time and to keep your financial goals on track.

QUANTUM TRANSFORMATION PRINCIPLE # 6

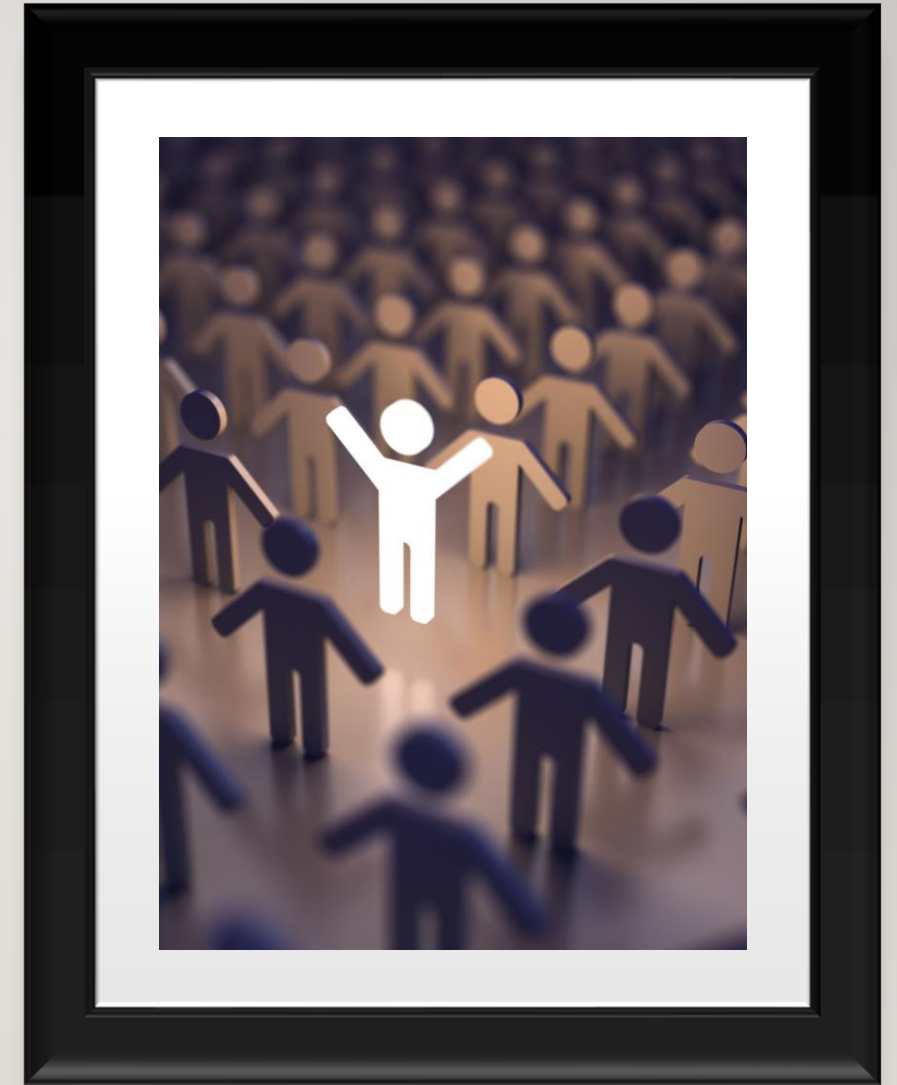
AUTHENTICITY

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



WHAT IS AUTHENTICITY?

- **Authenticity entails maintaining unwavering loyalty to one's true self, embodying genuine qualities, and openly expressing one's genuine identity to others. It encompasses the practice of being honest, sincere, and transparent in both actions and communication, devoid of any pretense or facade. Embracing authenticity fosters meaningful connections, upholds personal integrity, and cultivates a deep sense of self-awareness and fulfillment.**



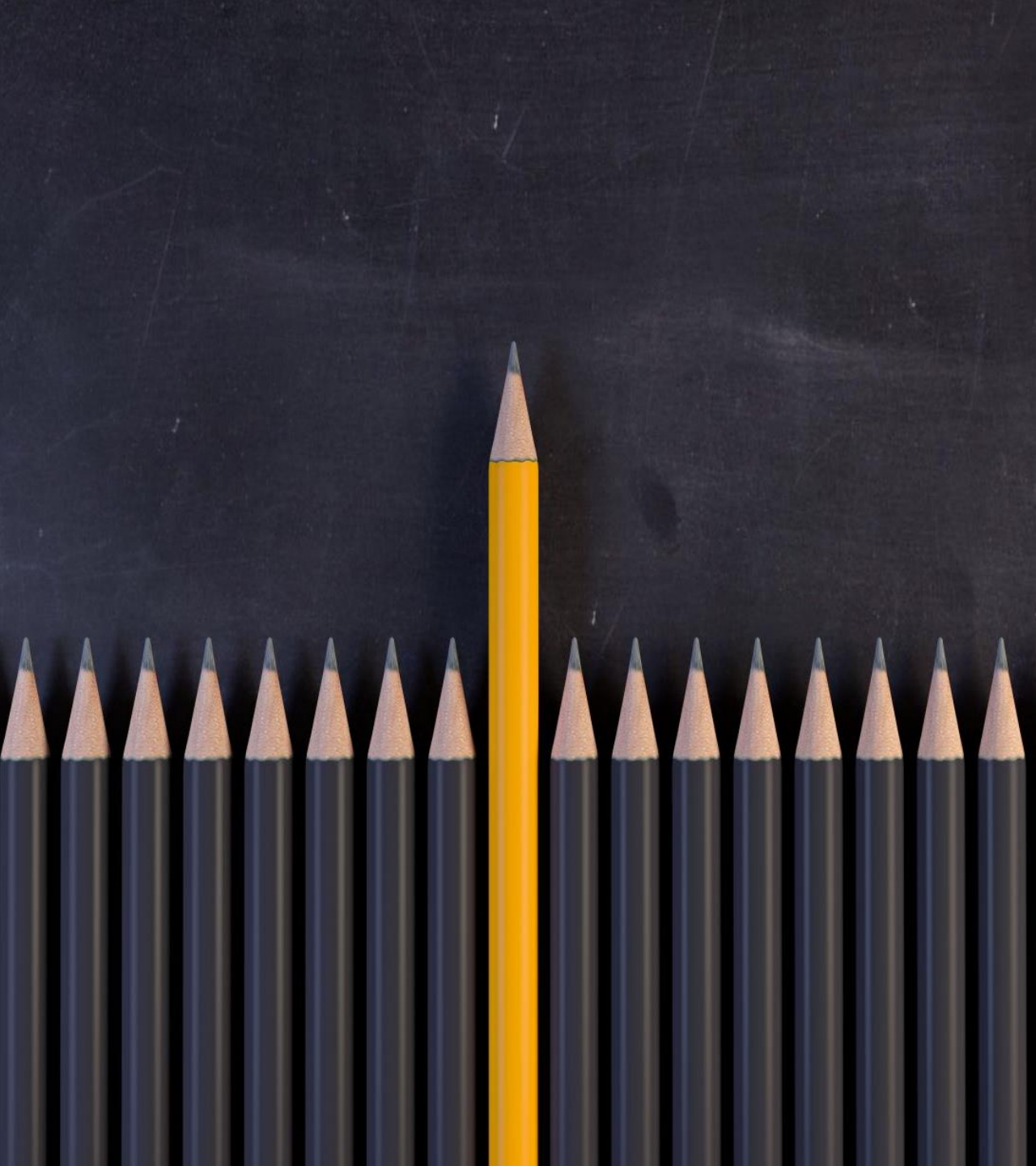
INTEGRATION

WEEK # 6 HOMEWORK:

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

DRAWING TIME!

- Remaining true to oneself and embracing authenticity
- Demonstrating genuine qualities and transparent communication
- Cultivating meaningful connections and personal integrity



REMAINING TRUE TO ONESELF AND EMBRACING AUTHENTICITY

Drawing Exercise: Unleashing Authenticity

Materials Needed:

- ▶ Paper
- ▶ Pencils, pens, or markers
- ▶ Optional: Colored pencils or paints

UNLEASHING AUTHENTICITY

Reflect on

- **Reflect on Authenticity**: Take a few moments to think about what authenticity means to you. Consider how it feels to remain true to yourself and embrace authenticity in different areas of your life.

Symbol

- **Symbol of Authenticity**: Choose a symbol or image that represents authenticity to you. It could be an object, a nature element, or a simple abstract shape. This symbol will serve as the focal point of your drawing.

Drawing

- **Centerpiece Drawing**: Start by drawing your chosen symbol or image at the center of the paper. Take your time to create it in a way that captures the essence of authenticity as you perceive it.

UNLEASHING AUTHENTICITY



Personal Elements: Around the central symbol, add other elements to the drawing that reflect your unique self. These can include images, patterns, or symbols that represent your values, passions, or personal identity.



Embracing Authenticity: Use your creativity to depict the act of embracing authenticity. You can draw additional figures or hands reaching out towards the central symbol, or any other visual representation that conveys the concept of staying true to oneself.



Colors and Textures: If you wish, add colors or textures to your drawing to enhance its visual impact. Experiment with different shades and textures to bring your creation to life.



Reflection and Interpretation: Take a step back and observe your completed drawing. Reflect on the elements you included and the feelings it evokes. Consider what aspects of authenticity you've captured and how the drawing represents your own journey of remaining true to yourself.



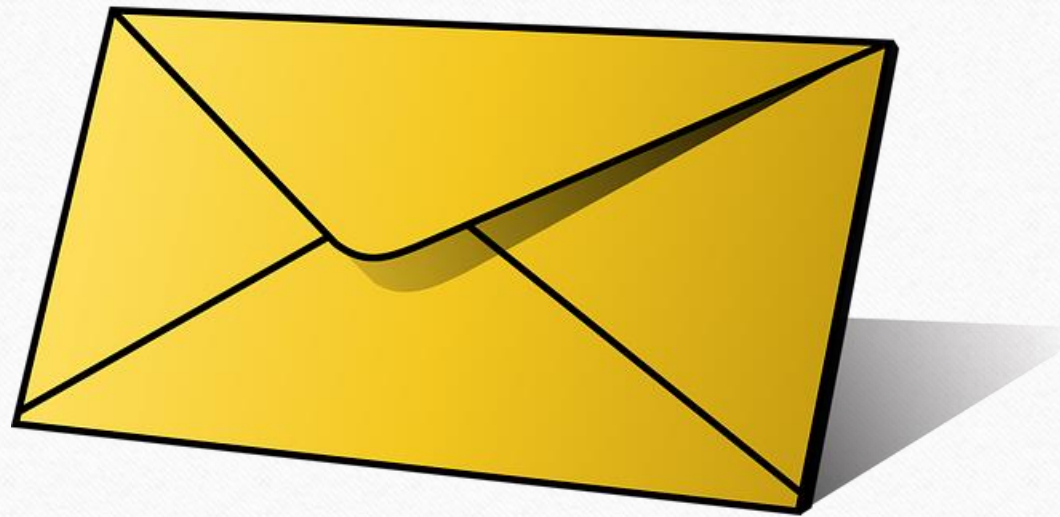
Remember, there are no right or wrong ways to approach this exercise. Let your imagination guide you as you explore the theme of authenticity through your unique artistic expression.

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

