

ANGEL WING'S ONLINE PERSONAL TRANSFORMATION PROGRAM

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

Developed by: The Angel Wing, LLC

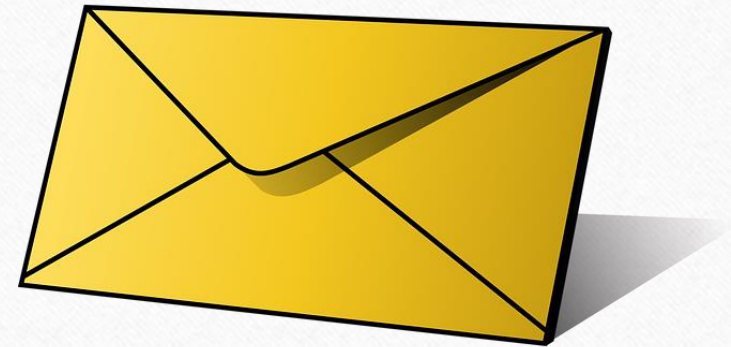
Presented by: Angel Wing Presenters

DISCLAIMER

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.
- The creators, facilitators, and participants of this online group program are not licensed medical professionals, psychiatrists, or psychologists, and they do not claim to provide any form of medical, psychiatric, or psychological advice or treatment. By participating in this program, you acknowledge and agree that you are solely responsible for your own health and well-being and that you will consult with your healthcare provider(s) as necessary.
- 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.

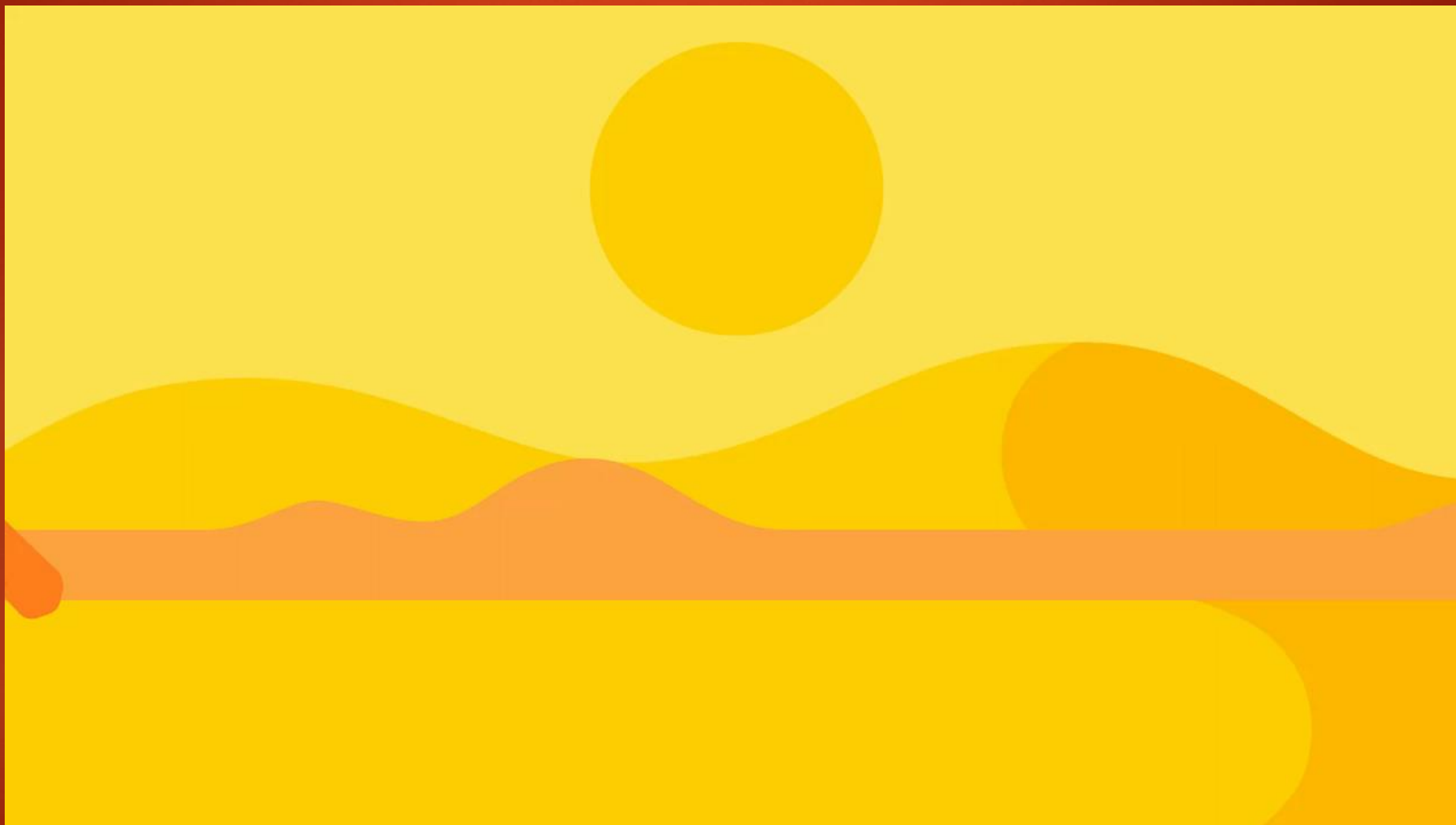
MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK
CARD PER
WEEK



GROUNDING MEDITATION EXERCISE



WEEK # 7
ONLINE WORKSHOP BEGINS
NOW...

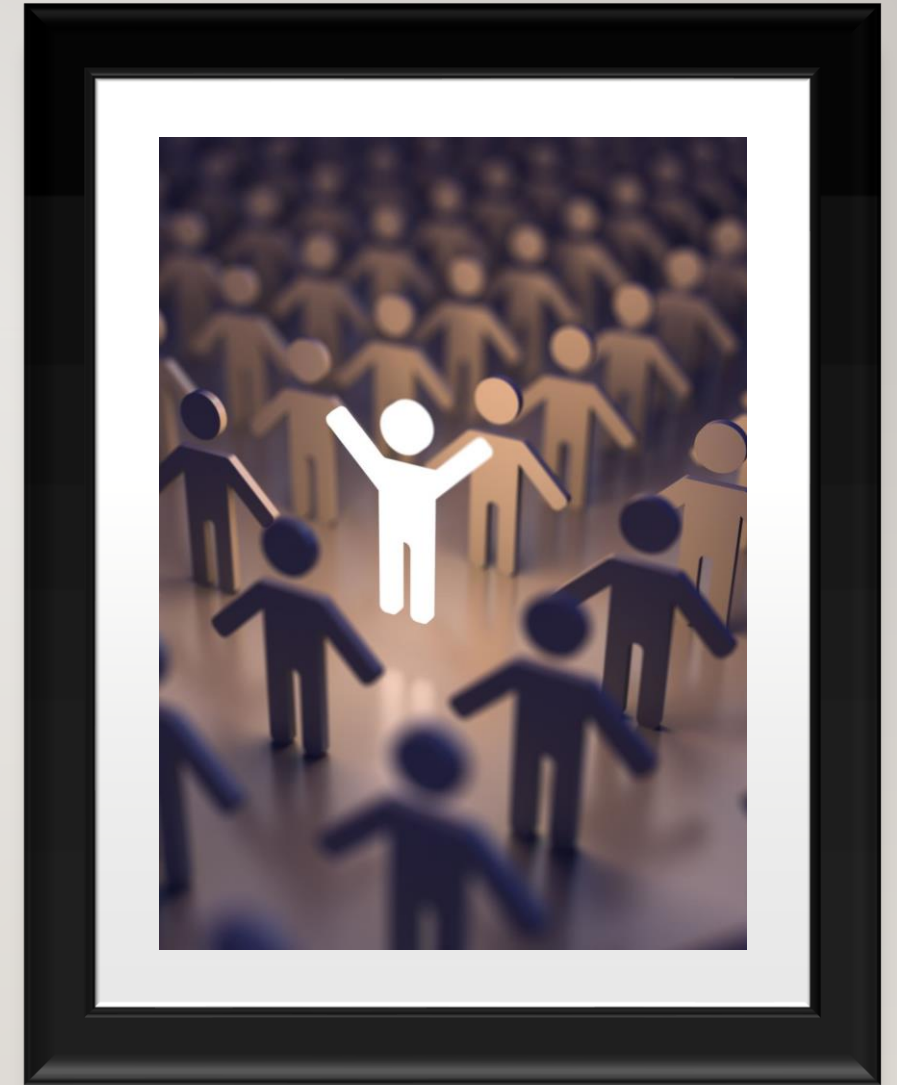
QUICK REVIEW FROM WEEK # 6

QUANTUM TRANSFORMATION PRINCIPLE # 6

AUTHENTICITY

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.**



**WEEK# 6 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 (___)

WHAT IS REVITALIZED PERSONAL ENERGY?

- Revitalized personal energy refers to the process or experience of regaining or boosting one's physical, emotional, and mental energy levels after a period of depletion or fatigue. This concept is important in various aspects of life, including work, personal development, relationships, and health. Revitalization can stem from multiple sources and activities, and its practices can vary widely among individuals, depending on their needs, preferences, and lifestyle. There are several key areas and methods through which people commonly seek to revitalize their personal energy.



PHYSICAL HEALTH

Rest and Sleep:
Adequate sleep is fundamental for the body to repair and rejuvenate itself.

Nutrition: Eating a balanced and healthy diet provides the necessary nutrients for energy.

Exercise: Regular physical activity boosts energy levels, improves mood, and enhances overall health.

MENTAL AND EMOTIONAL WELL-BEING

Stress Management: Techniques such as meditation, yoga, and mindfulness can reduce stress and increase feelings of calmness and energy.

Hobbies and Interests: Engaging in enjoyable activities can replenish mental energy and enhance creativity.

Social Connections: Spending time with friends, family, or supportive communities can provide emotional uplift and energy.

SPIRITUAL OR PERSONAL FULFILLMENT

Purpose and Goals:
Having a sense of purpose or working towards **meaningful goals** can provide motivation and a sense of energy.

Nature and Outdoors:
Time spent in **natural surroundings** can rejuvenate the mind and body.

Spiritual Practices: For some, **spiritual or religious practices** can be a source of comfort, guidance, and energy.

PROFESSIONAL LIFE

- Work-Life Balance: Maintaining a balance between work demands and personal life is crucial for preventing burnout.
- Continuous Learning: Acquiring new skills or knowledge can be invigorating and can boost confidence and energy levels.

Revitalizing personal energy is not a one-time task but a **continuous process** of self-care and balance. It often requires making **intentional choices** about how to spend time and energy, prioritizing activities that replenish rather than deplete one's resources.

~ 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.





The illustration vividly encapsulates the empowering notion that we are the architects of our destinies fueled by revitalized energy. It portrays human figures standing confidently, each wielding symbolic tools or elements like compasses, blueprints, and glowing orbs, metaphorically representing planning, energizing, and creating. The backdrop is an abstract tapestry of shapes and colors, signifying movement, transformation, and the vibrant moments that stitch together the fabric of our lives. This visual metaphor is a powerful reminder of our capacity for intentional living and determination, urging us to actively shape our futures with creativity and purpose.



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.

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.)

.

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.

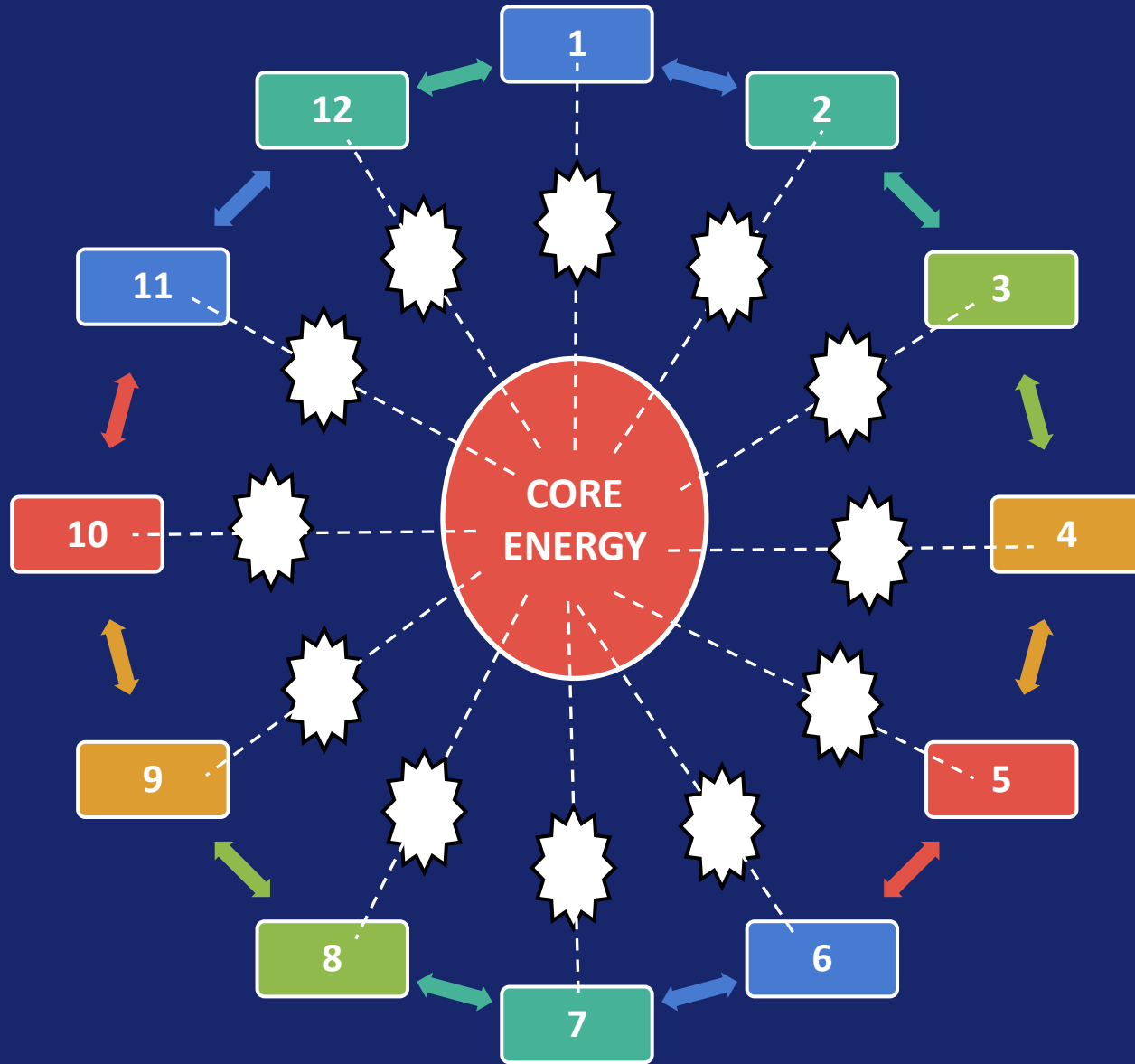
DIMENSION # 9 Recreation and leisure: This area relates to your hobbies, interests, and recreational activities.

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)

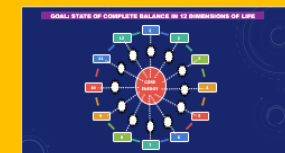
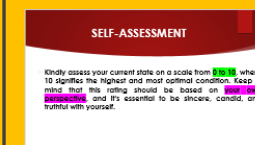
- * Focuses on physical surroundings and living conditions
- * Involves home, neighborhood, and community

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 # 3 - PHYSICAL HEALTH: THIS AREA RELATES TO YOUR PHYSICAL WELLBEING, INCLUDING YOUR FITNESS LEVEL, NUTRITION, AND OVERALL HEALTH

Importance of Regular Exercise: Physical health is closely related to the level of physical activity a person engages in. Regular exercise contributes to maintaining a healthy weight, strengthening the cardiovascular system, increasing energy levels, improving mood, and reducing the risk of chronic diseases. Different types of exercises - strength training, cardio, flexibility exercises, and balance training - each contribute uniquely to overall physical health.

Nutrition and Dietary Habits: The quality of food and beverages consumed significantly impacts physical health. A balanced diet rich in a variety of nutrients such as proteins, carbohydrates, fats, vitamins, and minerals is essential for maintaining good health. Good nutrition aids in body growth and repair, supports immune function, and provides energy for daily activities. Poor dietary choices, on the other hand, can lead to weight gain, nutritional deficiencies, and an increased risk of various diseases.

Regular Health Check-ups: Regular health screenings and check-ups can help identify potential health issues before they become severe. Early detection of problems often leads to more effective treatment and better outcomes. This aspect of physical health also includes managing chronic conditions, understanding and complying with prescribed medications or treatments, and making lifestyle changes as needed to support overall health. A proactive approach to healthcare, rather than a reactive one, can greatly enhance an individual's physical wellbeing.

PHYSICAL HEALTH – DRAWING EXERCISE

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

"HEALTH JOURNEY" DRAWING EXERCISE

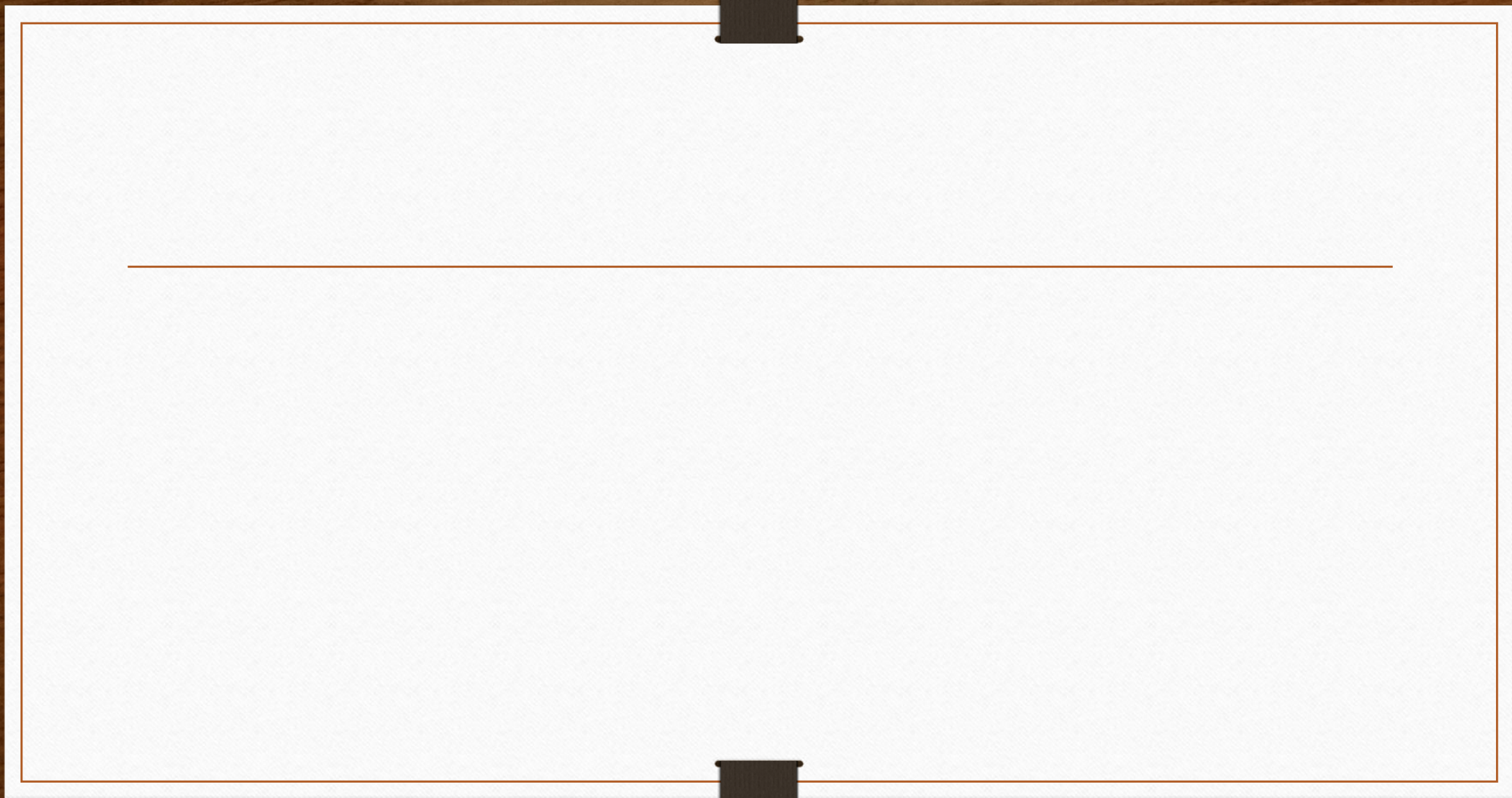
- **Materials needed:** A large piece of paper, colored pencils or markers.

PHYSICAL ACTIVITY DRAWING

- Draw a landscape with different terrains such as hills, valleys, rivers, or forests. This landscape represents your physical activity journey.
- Plot your regular activities on the landscape. If you enjoy swimming, draw a river or a lake. If you like hiking or mountain climbing, draw mountains. If you enjoy yoga or Pilates, draw a calm, serene garden or a beach.
- Also, try to envision and draw your future fitness goals. If there's a physical activity you'd like to take up, add that into your landscape.



THE ILLUSTRATED LANDSCAPE REPRESENTING YOUR PHYSICAL ACTIVITY JOURNEY HAS BEEN CREATED. IT ENCOMPASSES VARIOUS TERRAINS, SYMBOLIZING DIFFERENT ACTIVITIES SUCH AS SWIMMING, HIKING, YOGA, AND FUTURE FITNESS GOALS. THIS VIBRANT SCENE CAPTURES THE ESSENCE OF YOUR CURRENT HOBBIES AND ASPIRATIONS IN PHYSICAL ACTIVITIES.



NUTRITION DRAWING

- On a separate part of your paper, draw a 'nutrition garden'. In this garden, illustrate different fruits, vegetables, proteins, grains and dairy that you consume regularly.
- Assign each food a color based on how healthy you think it is (for example, green for very healthy, yellow for moderately healthy, and red for less healthy).
- Then, think about what foods or food groups you might want to add to improve your diet. Draw them as seed packets, ready to be planted into your nutrition garden.

HEALTH CHECK-UPS DRAWING

- Draw a calendar or a timeline along the edge of your paper. This represents your health check-ups and screenings.
- Mark the dates when you had your last important health check-ups like dental checks, eye tests, blood tests, etc., with small symbols representing each check (a tooth for dental check, an eye for eye tests, etc.)
- Then mark future dates when you plan to have your next health check-ups.

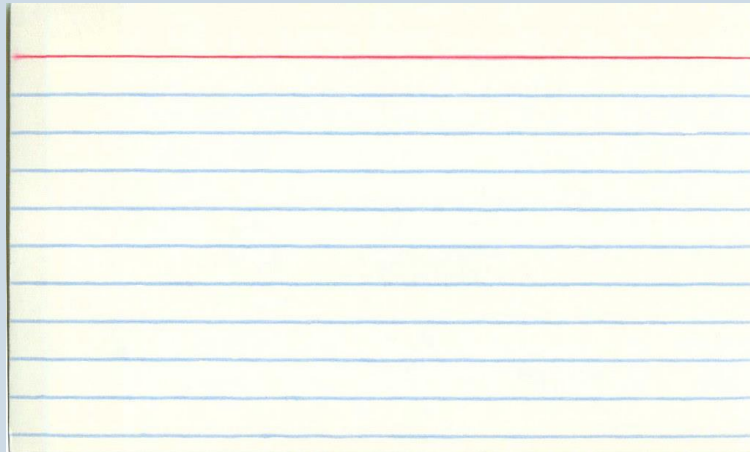
VISUAL REPRESENTATION

- Once you've completed your drawing, you have a visual representation of your current physical health status and your goals for improvement. This can serve as a reminder and motivator for maintaining and enhancing your physical wellbeing.

QUANTUM TRANSFORMATION PRINCIPLE # 7

CHOICELESS AWARENESS

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



CHOICELESS AWARENESS?

- **Choiceless awareness is a concept in mindfulness and meditation where one observes thoughts, feelings, and sensations without trying to control, judge, or choose between them. It encourages accepting and being present with the full spectrum of experience, cultivating a state of open, non-judgmental and undirected attention to one's ongoing experience.**

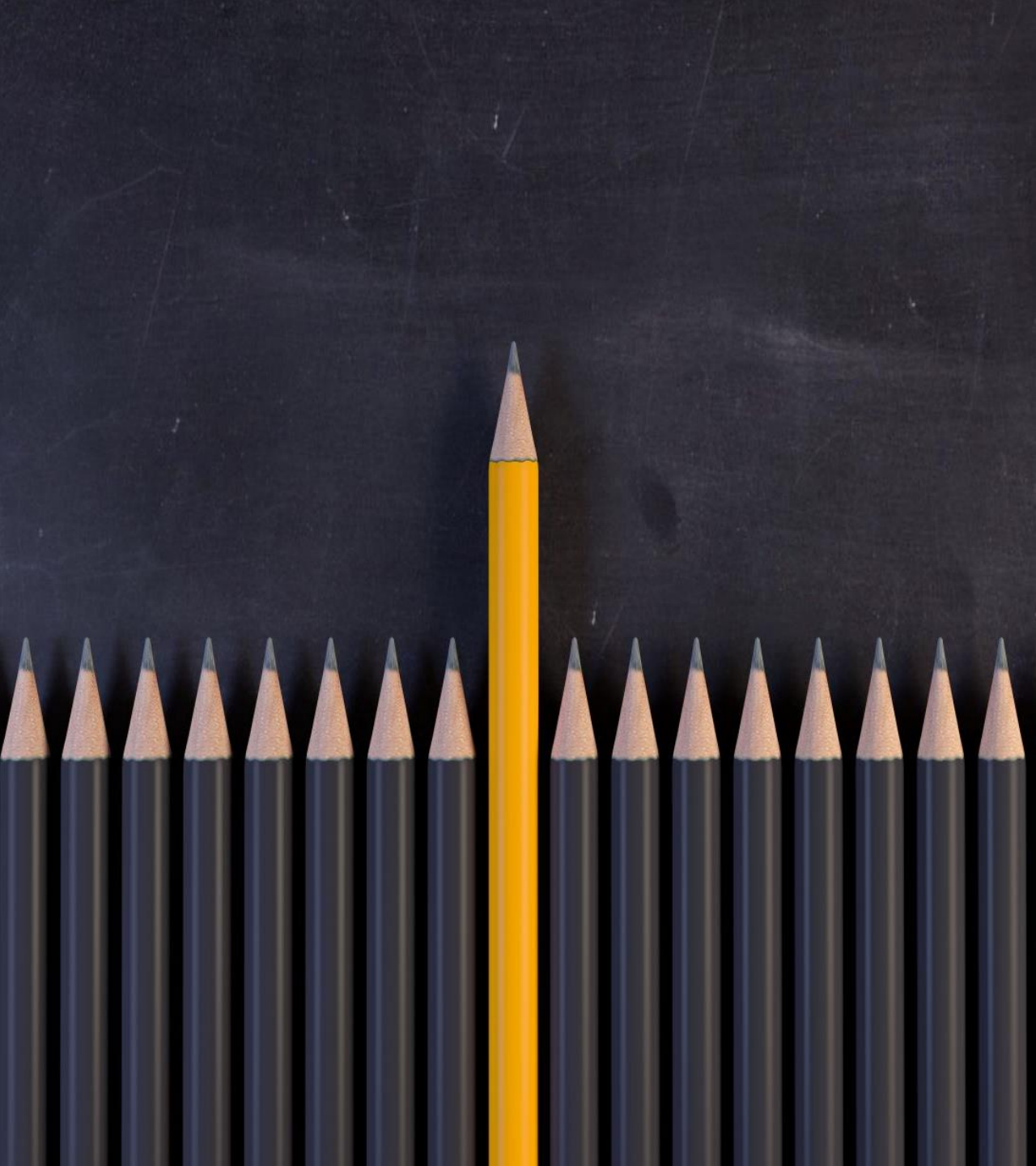


**CHOICELESS
AWARENESS**

**WEEK # 7
HOMEWORK:**

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

DRAWING TIME!



Flow of Mindfulness: The Choiceless Awareness Drawing Exercise

Drawing Exercise: "The Mindfulness Stream" Drawing Exercise

Materials Needed:

- ▶ A large piece of paper, colored pencils or markers.



DRAWING THE STREAM

- Start by drawing a long, winding stream that covers your entire page. This stream represents the flow of your thoughts, feelings, and sensations.

ADDING ELEMENTS

- Take a moment to close your eyes and tune into your current state. What thoughts are you aware of? What feelings are you experiencing? Are there any physical sensations that stand out? Open your eyes and draw symbols or simple images that represent these thoughts, feelings, and sensations into the stream.
- For instance, if you're feeling happy, you could draw a small sun. If you're thinking about a task you need to complete, you might draw a checklist. If you feel a sensation of warmth, you could draw a small flame.

CHOICELESS AWARENESS

- Continue adding elements to your stream for as long as you like. The key here is to let everything flow naturally into your stream without judging or trying to control what comes up. If multiple thoughts or feelings arise simultaneously, draw them all. If something unpleasant or difficult comes up, draw it just as you would with a pleasant or neutral experience.

A SNAPSHOT

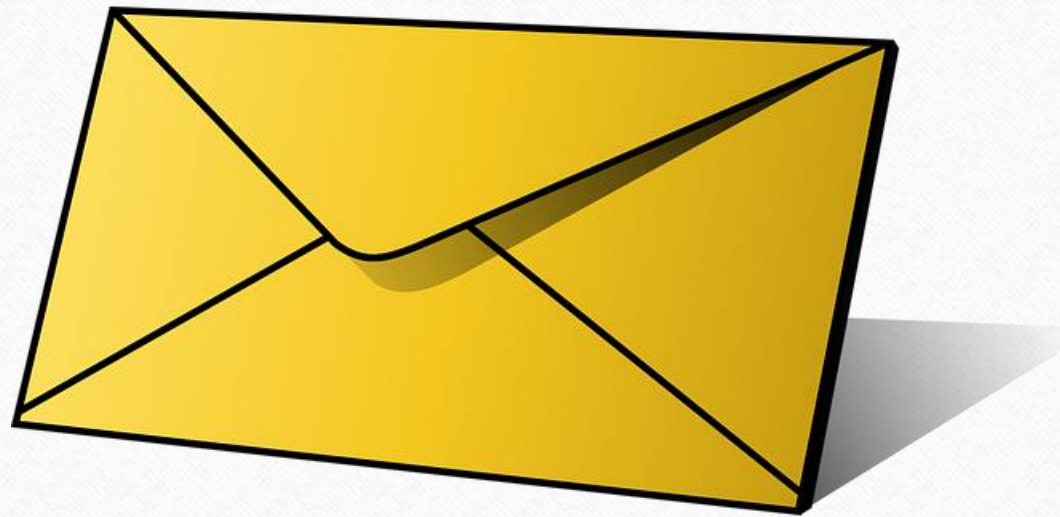
- The resulting drawing is a visual representation of choiceless awareness, a snapshot of the ongoing flow of your inner experience. Remember, there's no right or wrong in this exercise; it's all about observing and accepting whatever arises in the mind, moment by moment.

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

