

ANGEL WING'S ONLINE PERSONAL TRANSFORMATION PROGRAM

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

Developed by: The Angel Wing, LLC

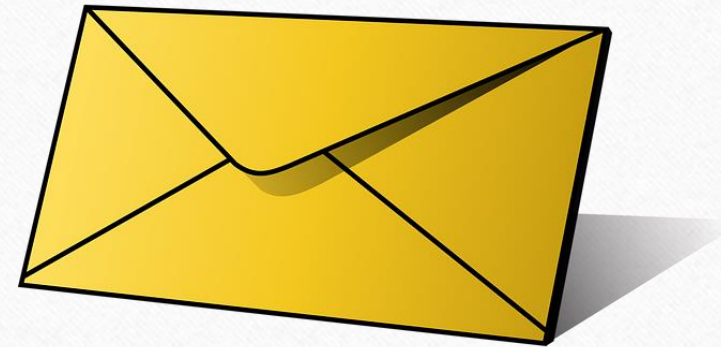
Presented by: Angel Wing Presenters

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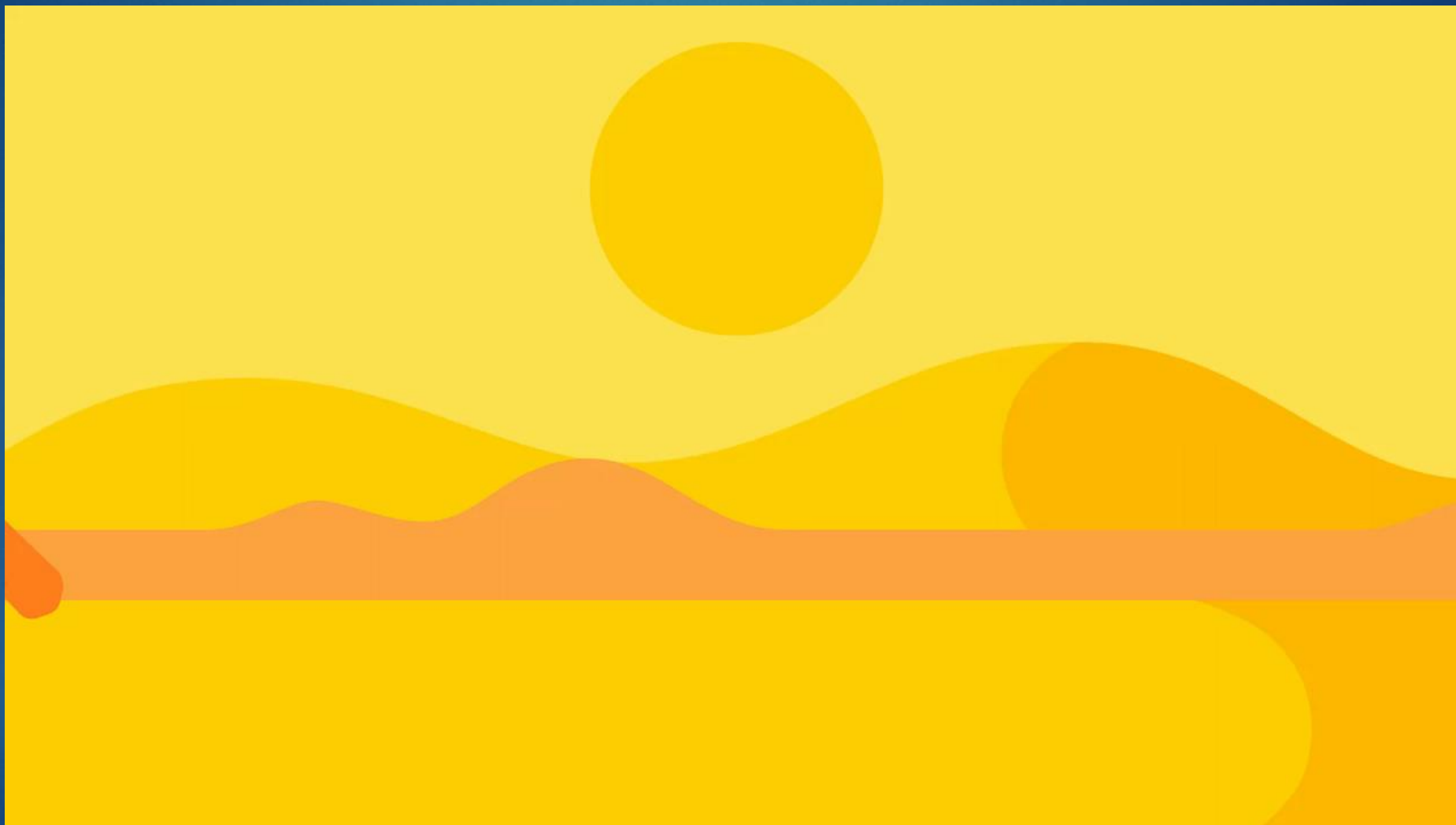
MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK
CARD PER
WEEK



GROUNDING MEDITATION EXERCISE



WEEK # 8
ONLINE WORKSHOP BEGINS
NOW...

QUICK REVIEW FROM WEEK # 7

**QUANTUM
TRANSFORMATION
PRINCIPLE # 7**

CHOICELESS AWARENESS

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.**



**WEEK# 7 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

UNOBSTRUCTED AND UNDISTURBED ENERGY FLOW CREATES A POWERFUL FOUNDATION FOR LIMITLESS POSSIBILITIES

- Concept of Energy Flow: In many philosophies and sciences like physics, biology, and even metaphysics, energy flow refers to the continuous movement and exchange of energy from one system or object to another. It's like how sunlight (energy) is absorbed by plants (a system) in photosynthesis, or how electricity (energy) moves from an outlet (a system) to power a laptop.
- Personal Energy Flow: Just like in the examples above, we can also apply the concept of energy flow to our own bodies and minds. Think about your "energy" as your ability to think, create, and act. If this personal energy flows smoothly, without any blocks (like stress or negative thoughts), and isn't disturbed (by distractions or interruptions), then it forms a strong foundation for you to perform at your best. This means you could potentially do anything you set your mind to - study better, create amazing art, excel at sports, and much more! That's the power of having an unobstructed and undisturbed energy flow.



MAPPING YOUR PERSONAL ENERGY FLOW: A CREATIVE VISUALIZATION EXERCISE



MATERIALS:

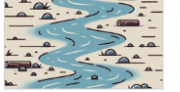


PAPER (A4 SIZE OR LARGER)



COLORED PENCILS OR MARKERS

HERE ARE THE STEPS:



Draw the River: Start by drawing a winding river across the length of the paper, starting at the top (the river's source) and flowing to the bottom (the river's mouth). This river symbolizes your personal energy flow.



Add Obstructions: Think about things that block your energy or make it harder for you to do your best, such as stress, lack of sleep, or negative thoughts. For each of these, draw a rock or a log in your river. The size of the obstacle can represent how big an impact it has on your energy flow.



Add Disturbances: Identify distractions or interruptions in your life like noise, social media, or interruptions from friends or family. For each of these, draw waves or ripples in your river, indicating disturbances in your energy flow.



Mark Areas of Smooth Flow: Identify periods when you feel most productive, creative, or energetic, and mark these areas on your river with clear, smooth water. These are your periods of unobstructed, undisturbed energy flow.



Reflect and Plan: Finally, spend some time reflecting on your drawing. Where are the biggest rocks or the most ripples? Those might be areas to focus on clearing up to improve your energy flow. Consider strategies to reduce these blocks or disturbances and improve your personal energy flow.

FIVE REFLECTIVE QUESTIONS FOR ENHANCING YOUR PERSONAL ENERGY FLOW (WEEK 8 – HOMEWORK)

- What are some potential blocks, like stress or negative thoughts, that might be hindering your personal energy flow?
- Can you identify any distractions or interruptions that have been disturbing your energy flow recently? How can you minimize these?
- When do you feel like your personal energy is flowing smoothly and you're able to perform at your best? What factors contribute to this state?
- How might improving your energy flow impact specific areas of your life, such as studying, creating, or sports?
- What steps can you take to ensure that your energy flow remains unobstructed and undisturbed, allowing you to reach your full potential?





UNOBSTRUCTED ENERGY FLOW

- When energy flows freely, without any blockages, it is termed as "unobstructed". For example, in an electrical circuit, if there's no break or resistance, electricity will flow smoothly. Similarly, in a human body, a healthy circulatory system allows unobstructed flow of blood, which carries energy in the form of nutrients and oxygen to all cells.

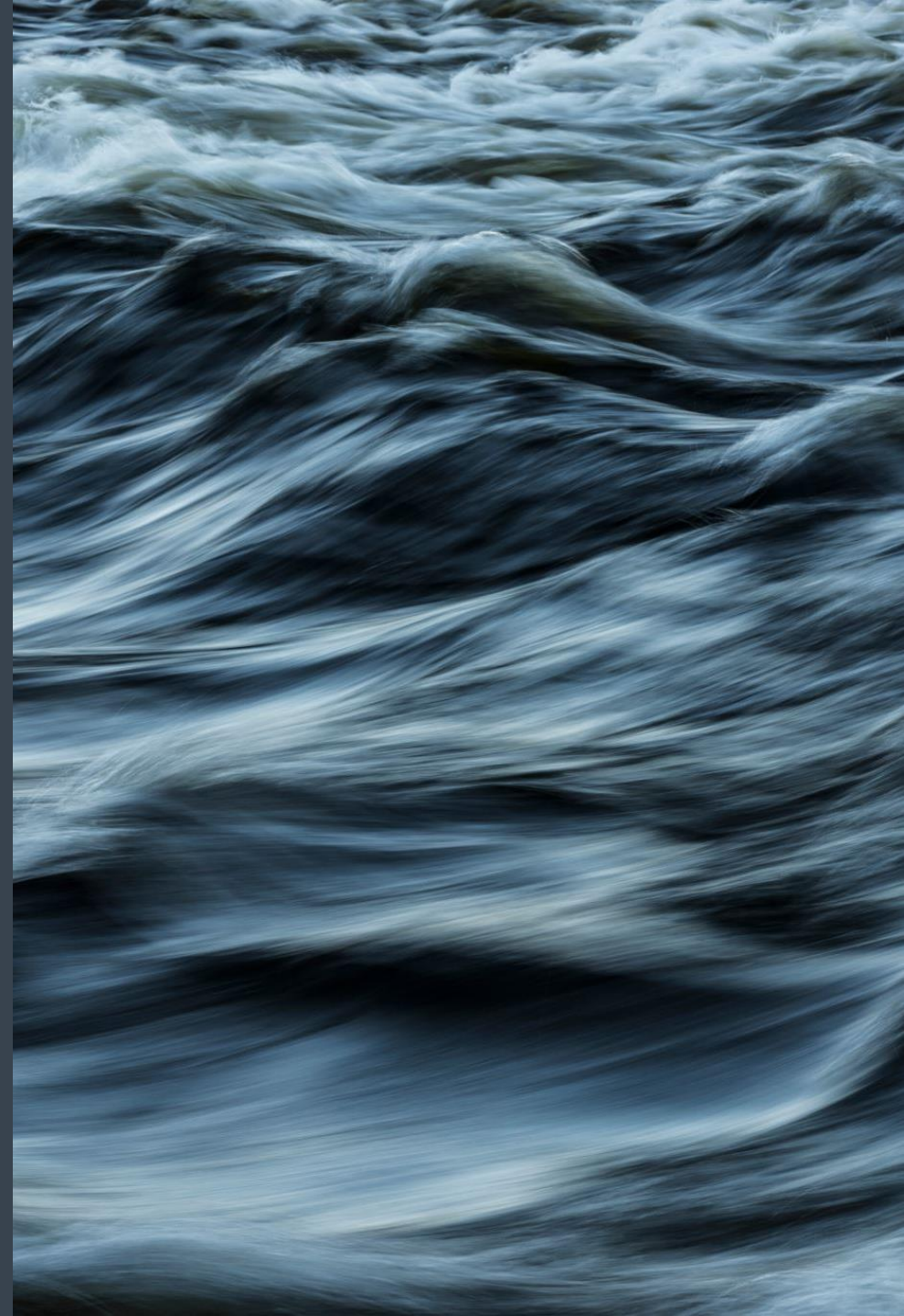
ENERGY AS A PERSONAL RESOURCE

Think of your personal energy as a resource that powers all your activities. Just like electricity in a circuit, you need energy to think, create, learn, play sports, and even socialize with friends.



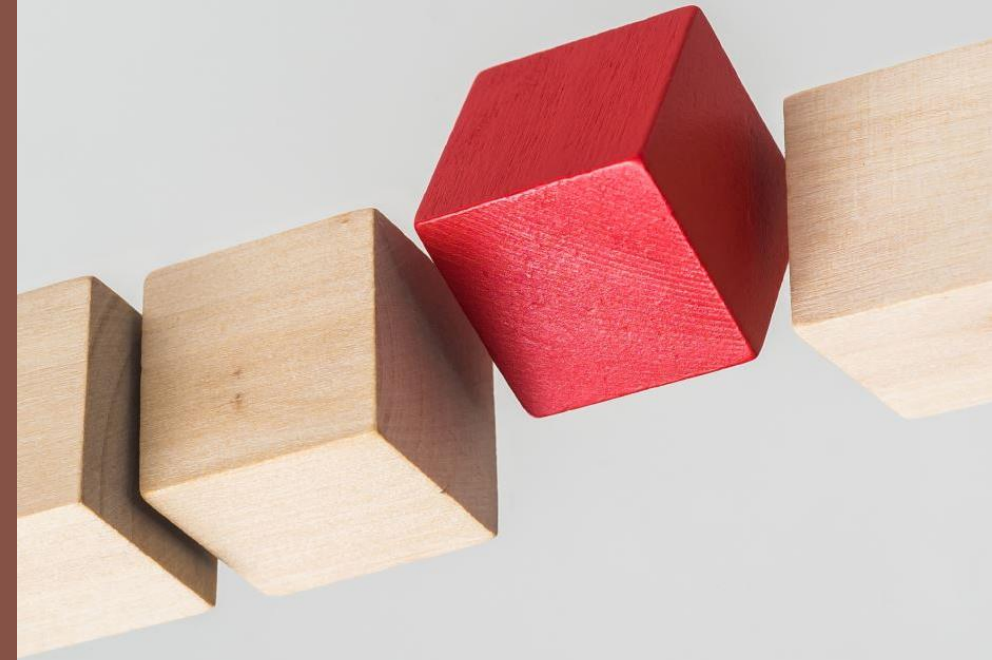
UNDERSTANDING UNOBSTRUCTED ENERGY FLOW

When we say that energy is "unobstructed", we mean that it can move freely, without any blocks or hindrances. Imagine a river flowing smoothly without any rocks or debris— that's unobstructed energy flow.



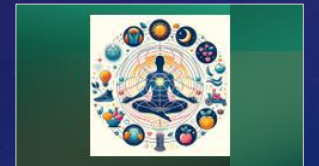
BLOCKS IN PERSONAL ENERGY FLOW

Sometimes, our personal energy flow can get blocked. This can happen due to things like stress, negative thoughts, lack of sleep, or an unhealthy lifestyle. These blocks can make us feel tired, distracted, or unable to do our best.



ACHIEVING UNOBSTRUCTED ENERGY FLOW

We can help keep our energy flow unobstructed by taking care of ourselves. This includes having a positive mindset, getting enough sleep, eating healthy, staying active, and taking time to relax and recharge. By doing these things, we're removing the "blocks" in our personal energy "circuit", allowing our energy to flow freely.





ILLUSTRATING YOUR ENERGY CIRCUIT

- **Materials:**
- **Paper**
- **Pencils, colored pencils or markers**



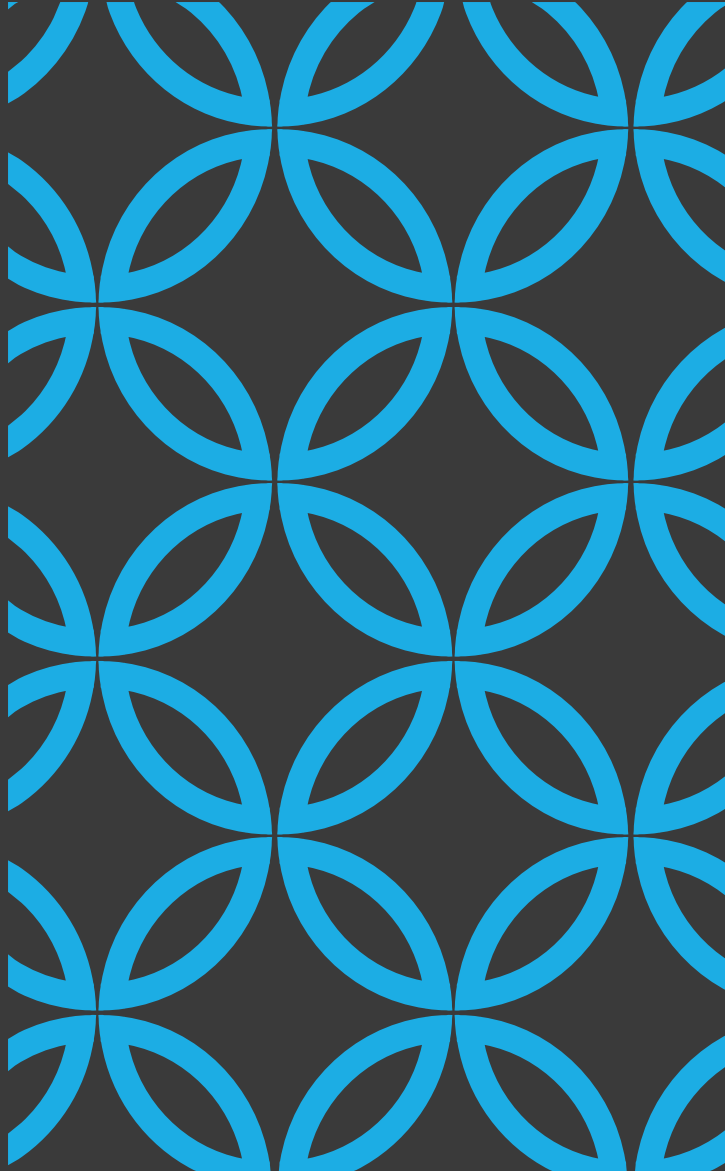
ILLUSTRATING YOUR ENERGY CIRCUIT

- Draw Your Energy Circuit: Draw a large circle representing your "Energy Circuit." Inside the circle, sketch a smaller circle to symbolize yourself.
- Illustrate Activities: Draw symbols or small pictures around the smaller circle to represent the different activities that your energy powers. This could include a book for studying, a soccer ball for sports, a musical note for playing an instrument, etc.
- Identify and Draw Blocks: Now think about what might block your energy flow. Draw these as obstacles or barriers on the lines connecting you to your activities. Storm clouds might represent them for stress, a bed for lack of sleep, junk food for unhealthy eating habits, etc.
- Highlight Unobstructed Flow Paths: Identify activities where you feel your energy flows freely and color or highlight these paths brightly. This could be activities where you feel most alert, engaged, and productive.
- Add Solutions: Next, brainstorm ways to remove these blocks or obstacles to achieve unobstructed energy flow. For instance, a pillow for getting more sleep, an apple for healthier eating habits, or a smiley face for maintaining a positive attitude. Draw these next to the corresponding blocks.
- Reflect on the Drawing: Finally, look at your drawing and reflect on the different paths of energy, the blocks you've identified, and the solutions you've thought of. This visual representation can help you better understand your energy flow and how you can manage it effectively.



UNDISTURBED ENERGY FLOW

- **Undisturbed energy flow means that there are no disruptions or changes in the pathway of the energy. For example, in a stream of water flowing downhill, the water will flow steadily and undisturbed if there are no rocks or obstacles. In the context of thought energy, a clear and focused mind can lead to undisturbed energy flow, allowing one to engage in a task without distractions fully.**

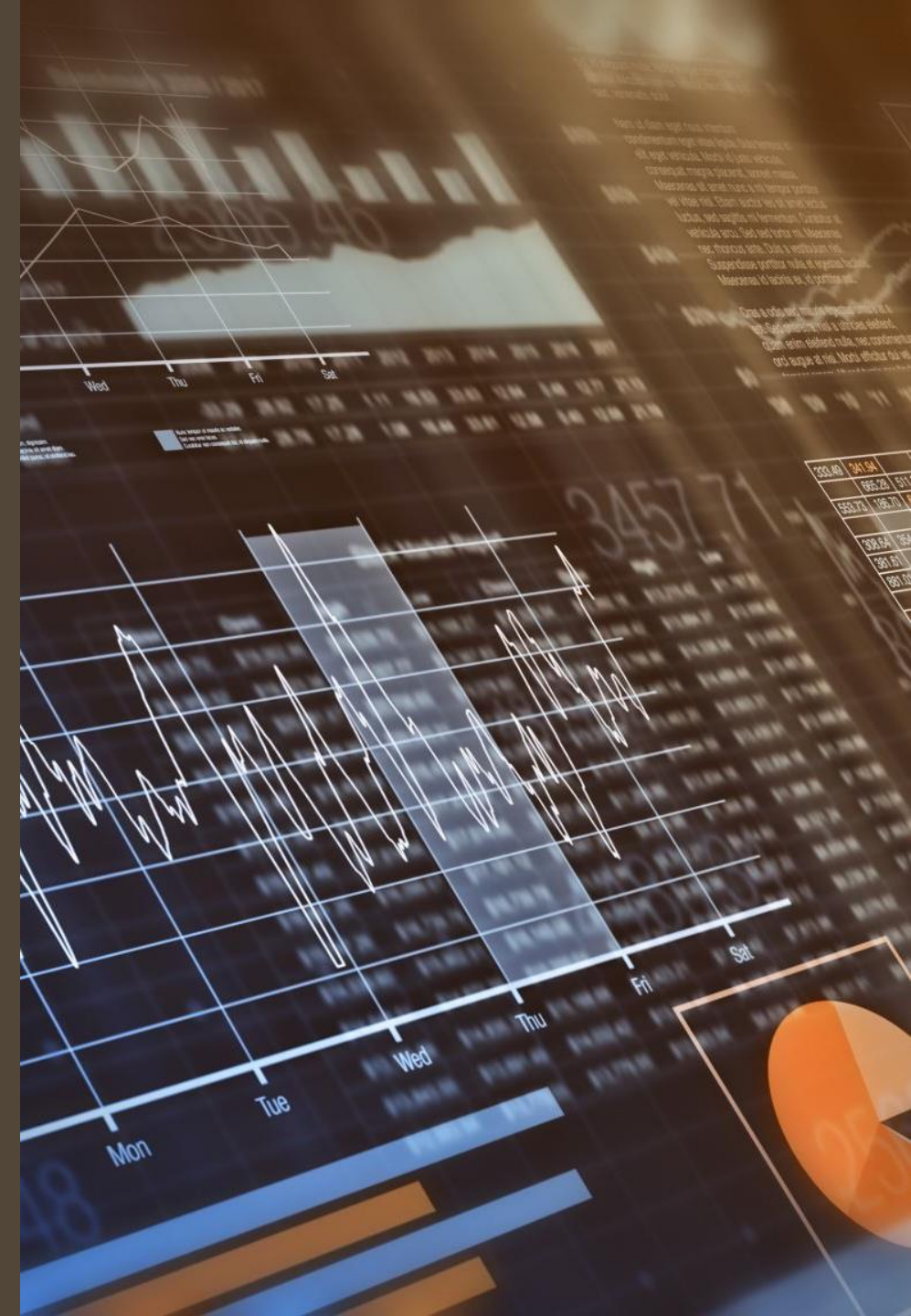


POWERFUL FOUNDATION

When energy flow is both unobstructed and undisturbed, it creates a strong, stable base or foundation. This is important in many aspects of life. For instance, an athlete needs a healthy, obstruction-free circulatory system (powerful foundation) to perform at their peak level. Similarly, a student with a clear and focused mind (undisturbed energy flow) can learn and understand new concepts better.

LIMITLESS POSSIBILITIES

This robust foundation of unobstructed and undisturbed energy flow can pave the way for endless opportunities and possibilities. In terms of personal development, when our mental and physical energy flows smoothly, we can achieve greater creativity, productivity, and overall well-being. Unobstructed and undisturbed energy flow can lead to innovations and breakthroughs when applied to technology or science. For example, efficient energy transfer in machines or systems can enhance their performance and open up new possibilities for their application.



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.

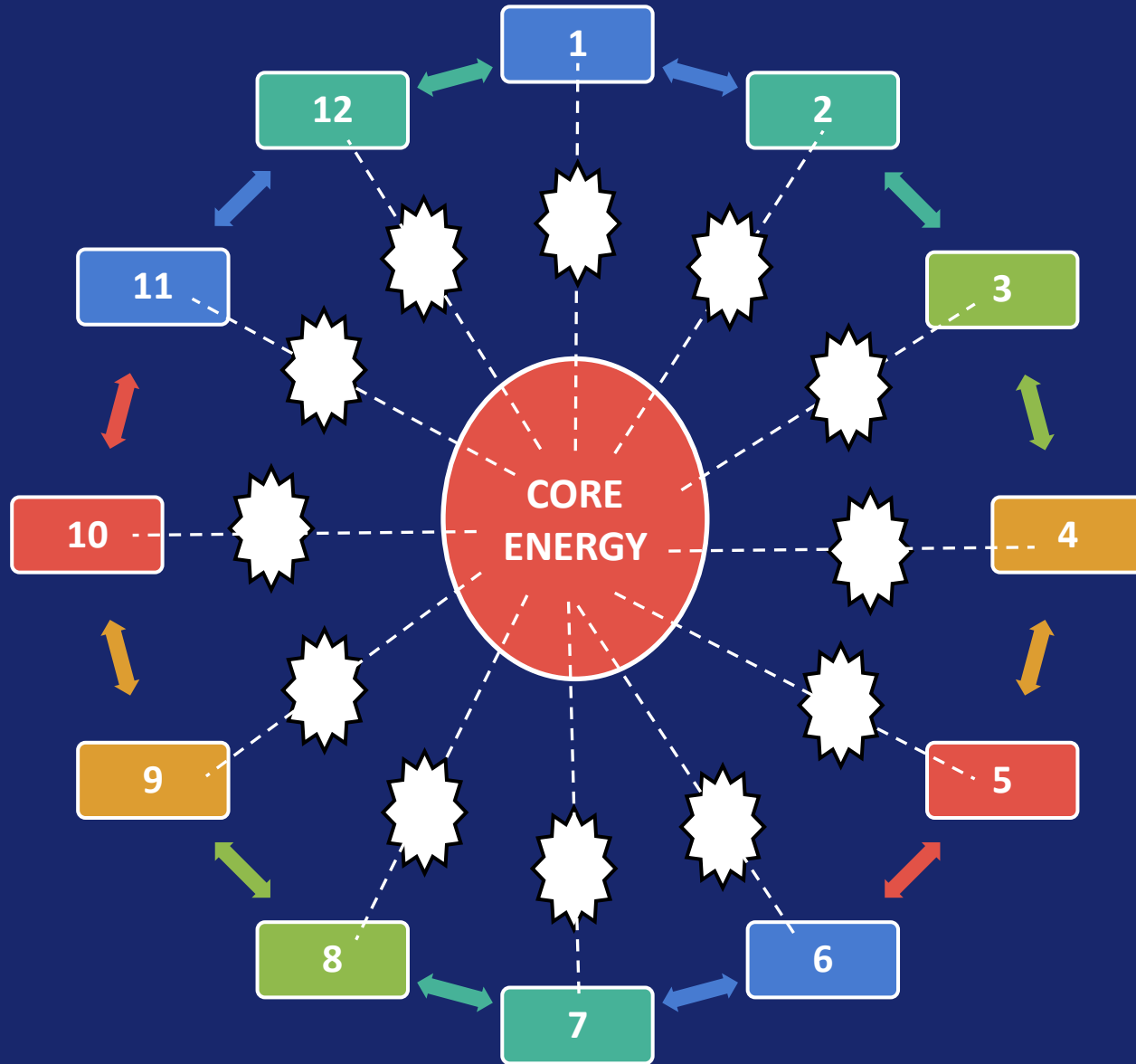
DIMENSION # 9 Recreation and leisure: This area relates to your hobbies, interests, and recreational activities.

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)

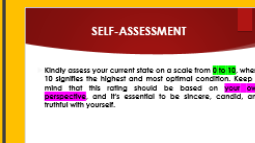
- * Focuses on physical surroundings and living conditions
- * Involves home, neighborhood, and community

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 # 4: MY MENTAL HEALTH (WHAT IS MENTAL LIFE?)

- The Conscious and Unconscious: Mental life includes both our conscious experiences—things we are actively aware of, like thoughts and feelings—and our unconscious experiences, which can influence our behavior without us realizing it.
- Perception and Interpretation: It involves our perceptions of the world around us, which are the raw data our senses pick up, and the interpretation of these perceptions, which is how our brain makes sense of these data.

CONTINUED...

- **Memory and Learning:** Our mental life includes our ability to learn from experiences, form memories, and use these memories to inform our current thoughts and future actions.
- **Emotion and Motivation:** It encompasses our emotional experiences—our feelings—and our motivations, which drive our actions and behaviors. This includes everything from basic drives like hunger and thirst to complex motivations like ambition and altruism.
- **Cognitive Abilities:** Lastly, mental life includes our cognitive abilities like problem-solving, decision-making, creativity, and imagination. These higher-order cognitive functions allow us to think abstractly, plan for the future, and imagine new possibilities.



1. [Information Storage and the Brain: Learning and Memory¹](#).
2. [Memory reconstruction, source monitoring, and emotional memories | Khan Academy²](#).
3. [Information Storage and the Brain: Learning and Memory²](#)
4. [Memory reconstruction, source monitoring, and emotional memories | Khan Academy³](#)
5. [Information processing model: Sensory, working, and long term memory | MCAT | Khan Academy⁴](#)
6. [Learning and Memory⁵](#)
7. [Learn English words for MEMORY in English - Learn English with Duncan - What is memory?¹](#)

RESPONSIBILITY?

- **Responsibility, in terms of self-development, is the understanding and acceptance that you have control over your actions and decisions, and their resulting consequences. It is about taking charge of your life, making mindful decisions that align with your goals, and owning up to the outcomes, whether they are positive or negative. This level of responsibility promotes personal growth, as it encourages learning from experiences, building resilience, and continuously striving for improvement.**



SENTENCE COMPLETION EXERCISE

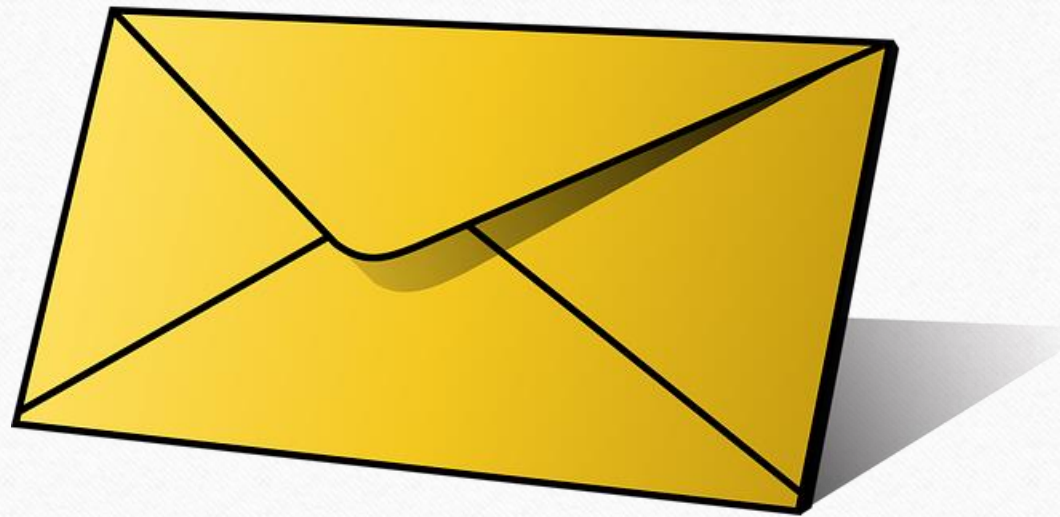
- **Responsibility in self-development implies that you _____ over your own actions and decisions.**
- **Taking responsibility means taking charge of your life and making _____ decisions that match your goals.**
- **Whether outcomes are positive or negative, responsibility involves _____ up to them.**
- **This kind of responsibility can lead to personal growth as it encourages _____ from experiences.**
- **By accepting responsibility, you can build resilience and continually strive for _____.**

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

