

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

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

Developed by: The Angel Wing, LLC

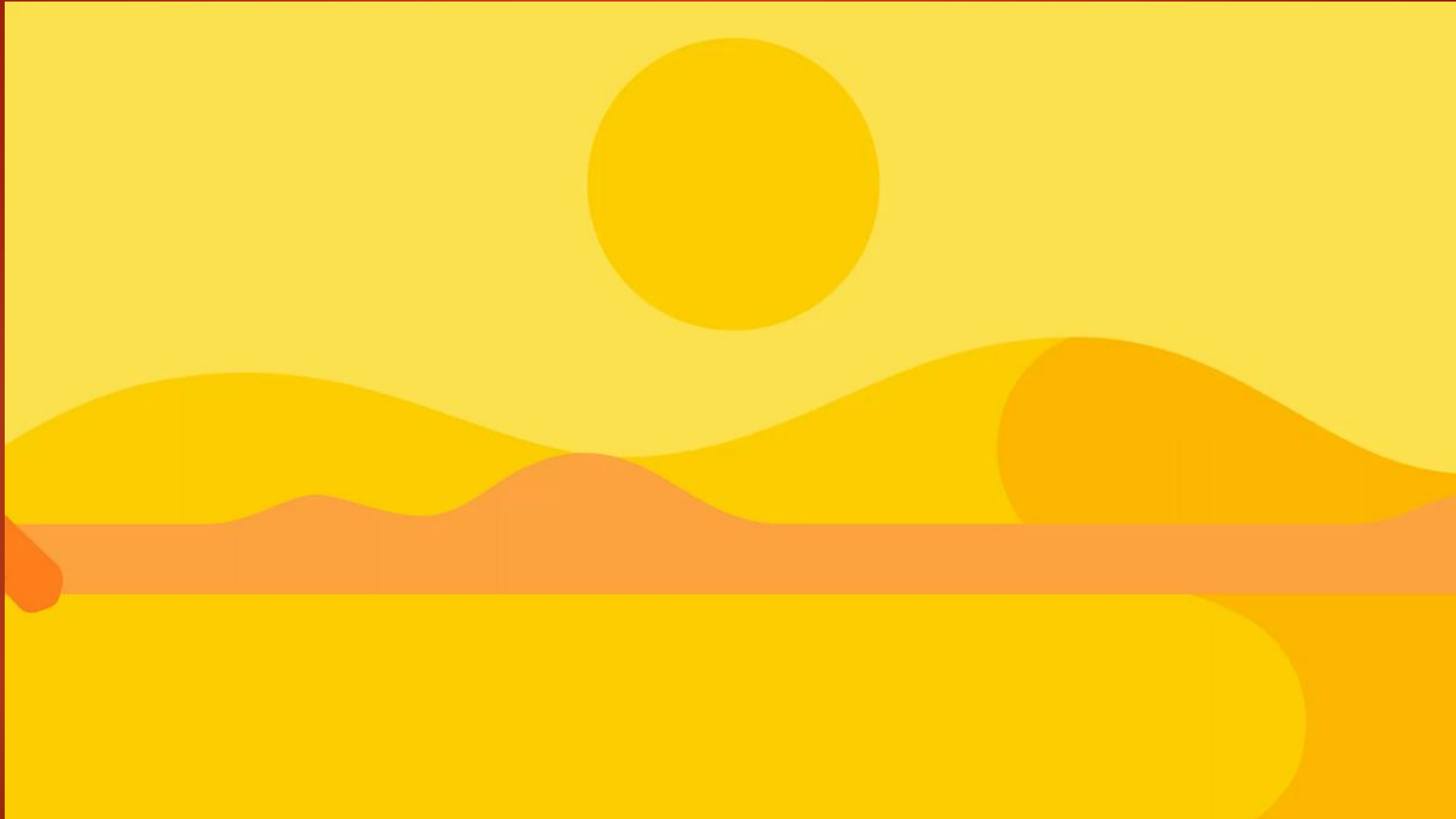
Presented by: Angel Wing Presenters

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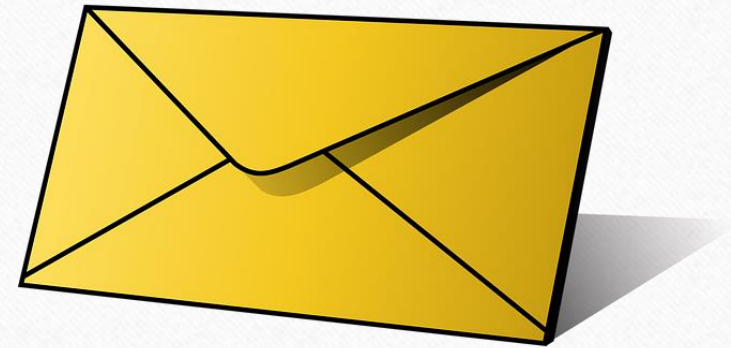
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GROUNDING MEDITATION EXERCISE



MATERIALS YOU NEED TO HAVE WITH YOU EACH WEEK



ONE BLANK
CARD PER
WEEK

QUICK REVIEW FROM WEEK # 1

**~ WRITE THE SENTENCE BELOW IN YOUR WORKBOOK # 1
AND COMPLETE EACH SENTENCE BELOW....**

My mind is very complicated and has many parts that work together in intricate ways.

1. Despite being complex, the human mind can do amazing things, like _____.
2. Learning about how the human mind works can help us _____.
3. The complexity of the human mind can make it difficult to _____.
4. To truly understand human behavior, it's important to comprehend _____.
5. Despite its complexity, the human mind is capable of _____.
6. The complexity of the human mind has resulted in _____.
7. The complexity of the human mind can inspire us, but it also presents a challenge in _____.

CENTRAL CONCEPT OF PERSONAL TRANSFORMATION

(Write on 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*

QUANTUM TRANSFORMATION PRINCIPLE # 1

ACCEPTANCE

5 KEY POINTS ABOUT ACCEPTANCE

- VERBAL EXERCISE -- THIS WEEK, I WILL...

- (WRITE IN WORKBOOK # 1 - POINTS 1 - 5)

- 1) Embrace present moment without judgment or resistance
- 2) Cultivate acceptance for personal growth and harmonious relationships
- 3) Practice acceptance for self-awareness, resilience, and inner peace
- 4) Practice acceptance for meaningful change
- 5) Differentiate acceptance from resignation and complacency

WEEK # 2

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.

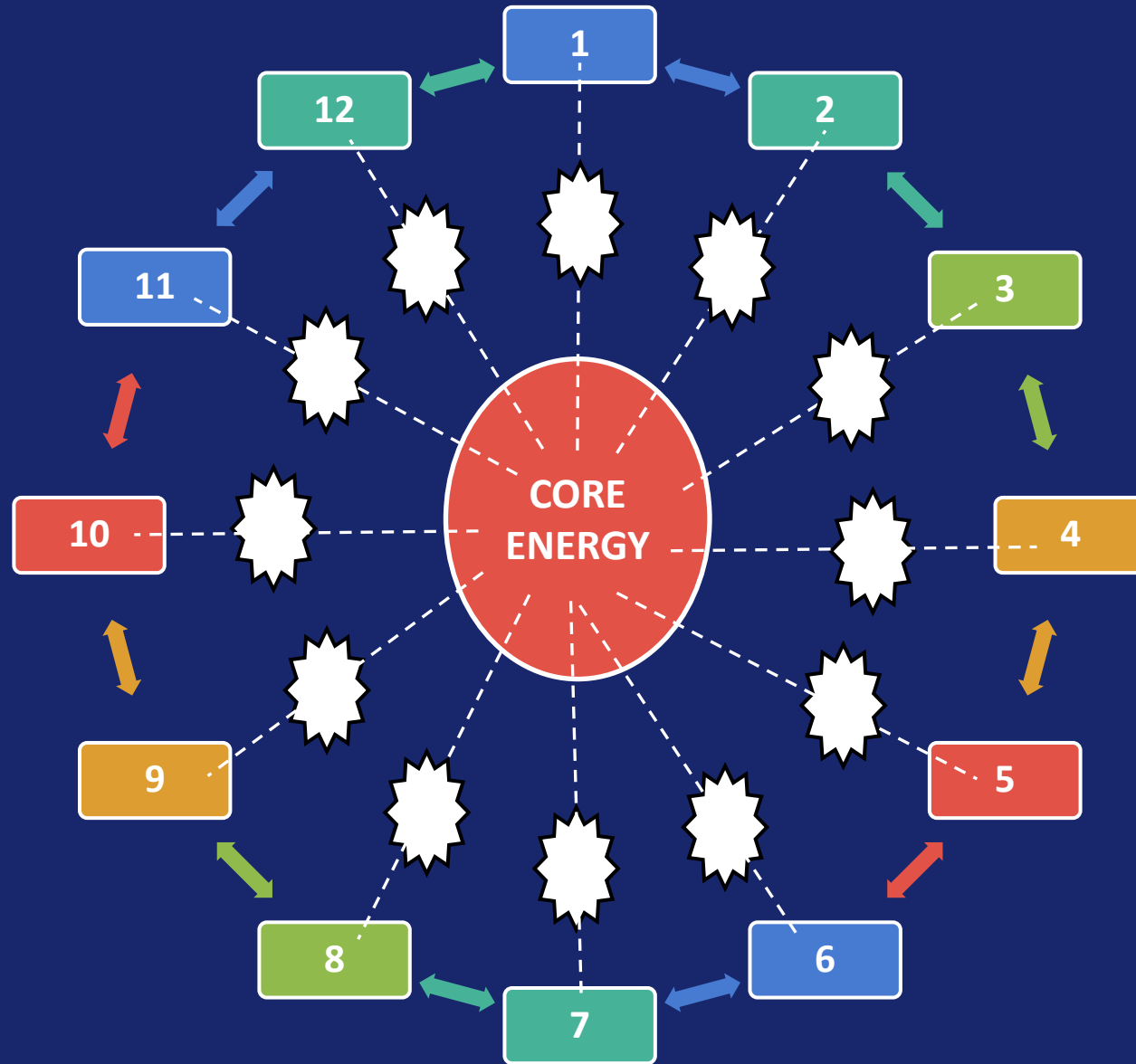
DIMENSION # 9 Recreation and leisure: This area relates to your hobbies, interests, and recreational activities.

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)

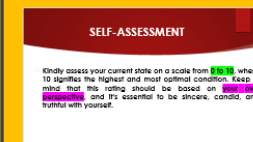
- * Focuses on physical surroundings and living conditions
- * Involves home, neighborhood, and community

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

DIMENSION # 1 - CAREER



Assess your job satisfaction: Consider how much you enjoy your current role and how closely it aligns with your career aspirations.



Evaluate your work-related goals: Reflect on the progress you've made towards your professional objectives and ambitions.



Consider work-life balance: Think about how well your career integrates with your personal life and other commitments.

DIMENSION # 2 - FINANCES



Analyze financial stability: Consider your income, expenses, and how effectively you manage them.



Evaluate savings and investments: Reflect on your financial security in terms of savings, investments, and future plans.



Consider financial goals: Think about your progress towards long-term financial objectives, like retirement or major purchases.

DIMENSION # 3 - PHYSICAL HEALTH

1

Assess fitness level:
Evaluate your current physical fitness and regularity of exercise.

2

Reflect on nutrition:
Consider the quality of your diet and how it impacts your health.

3

Consider overall health: Think about your general physical well-being, including any chronic conditions or health issues.

DIMENSION # 4 - MENTAL HEALTH



Assess your mental well-being: Consider your overall mental state, including stress levels and general outlook.



Evaluate coping mechanisms: Reflect on how effectively you deal with mental challenges and stressors.



Personal growth: Consider your progress in personal development and self-improvement.

EMOTIONAL HEALTH

Emotional health refers to the ability to effectively manage and express feelings in a constructive way. It also encompasses the capacity to develop and maintain healthy relationships and cope with challenges and stress. to manage and express feelings in a constructive way effectively

Consider	<u>Consider emotional stability:</u> Reflect on how you handle stress, anxiety, and daily emotional challenges.
Evaluate	<u>Evaluate relationships:</u> Think about how your emotional health impacts your relationships with others.
Assess	<u>Self-awareness:</u> Assess how in tune you are with your own feelings and how effectively you express them.

DIMENSION # 5 - FAMILY

Family relationships:
Evaluate the quality and health of your relationships with family members.

Support and communication: Assess the level of support and communication within your family.

Family goals: Think about your family aspirations and how your current situation aligns with these goals.

DIMENSION # 5 ALSO INCLUDES: ROMANTIC & INTIMATE RELATIONSHIPS



Relationship satisfaction: Evaluate the happiness and fulfillment you derive from your romantic relationship.



Communication and understanding: Reflect on how well you communicate and understand each other.



Future outlook: Consider the long-term potential and goals of the relationship.

DIMENSION # 6 – SOCIAL LIFE (SOCIAL RELATIONSHIPS)



Assess the quality of friendships: Think about the depth and satisfaction of your current friendships.



Community involvement: Evaluate your engagement with and contribution to your community or social groups.



Support system: Consider the strength of your support network and how much you rely on them in times of need.

DIMENSION # 7 – PERSONAL DEVELOPMENT



Self-improvement and Growth: This dimension focuses on your continuous efforts towards self-improvement, including acquiring new skills and personal growth.



Achievement of Personal Goals: It emphasizes the importance of setting and striving towards personal goals that contribute to your overall development.



Self-awareness and Reflection: This aspect involves the practice of self-reflection and increased self-awareness, which are crucial for personal development.

DIMENSION # 8 – SPIRITUAL LIFE



Personal beliefs: Reflect on the strength and clarity of your spiritual or religious beliefs.

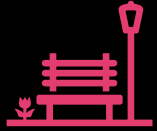


Practice and participation: Evaluate your involvement and regularity in spiritual or religious practices.



Impact on life: Consider how spirituality or religion influences your daily life and decisions.

DIMENSION # 9 - RECREATION AND LEISURE



Leisure activities: Assess the amount and quality of leisure and recreational activities in your life.



Enjoyment and relaxation: Reflect on how these activities contribute to your enjoyment and relaxation.



Balance with responsibilities: Evaluate how well you balance fun activities with your responsibilities.

DIMENSION # 10 - ENVIRONMENT



Environment: This dimension focuses on your physical surroundings and living conditions. It encompasses aspects like your home, neighborhood, and community.

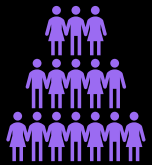
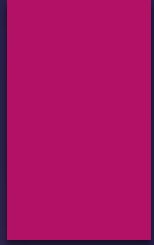


Importance of Surroundings: It highlights the impact of your physical environment on your overall well-being and quality of life.



Living Conditions and Community: This includes factors such as the comfort of your living space, the safety and amenities of your neighborhood, and the sense of belonging or connection you have with your community.

DIMENSION # 11 - CONTRIBUTION TO SOCIETY



Community Impact and Involvement: This dimension emphasizes your engagement in activities that positively impact your community and society at large.



Personal Satisfaction from Contribution: It highlights the importance of deriving personal fulfillment and satisfaction from your contributions to society.



Alignment with Altruistic Goals: This aspect focuses on how your societal contributions align with your personal values and altruistic goals, ensuring that your actions are in harmony with your beliefs.

DIMENSION # 12 - LIFE VISION



Overarching Life Goals: This dimension involves your long-term aspirations and what you aim to achieve in your life, encompassing both personal and professional ambitions.



Future Vision: It includes your vision for your future, focusing on where you see yourself in the coming years and the milestones you wish to accomplish.



Legacy: This aspect concerns the legacy you want to leave behind, reflecting on how you want to be remembered and the impact you wish to have on others and the world.

WRITE SPECIFIC STEPS TO BE TAKEN... (HOMEWORK)

- **On page 2 of Workbook #2, write 1 to 12. (Put today's date). Write one simple sentence, from your own perspective, a sentence about how to increase each self-assessment number and to prevent the decrease of each number. (Let's do this one at a time.)**

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -
- 6 -
- 7 -
- 8 -
- 9 -
- 10 -
- 11 -
- 12 -



QUICK MOVEMENT BREAK - STANDING STRETCHES & MOVEMENTS



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 (___)

12 DIMENSIONS



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

The mind requires substantial energy to function

- The mind requires a significant amount of energy to _____ effectively.
- Mental tasks that require a lot of focus can cause the mind to _____.
- The amount of energy the mind requires can vary depending on _____.
- The mind can become fatigued if it doesn't receive enough _____ to function.
- Consuming certain foods and nutrients can help improve the mind's _____.
- Regular exercise can help the mind _____ by increasing blood flow and oxygen to the brain.
- Trying to multitask can be exhausting for the mind, as it requires _____ to switch between different tasks.

THE MIND REQUIRES A SIGNIFICANT AMOUNT OF ENERGY TO _____ EFFECTIVELY.

- process information and make decisions
- learn and retain new information
- regulate emotions and mood

MENTAL TASKS THAT REQUIRE A LOT OF FOCUS CAN CAUSE THE MIND TO _____.

- consume significantly more glucose than at rest
- fatigue more quickly than when performing easier tasks
- burn through more calories than when performing physical activity

THE AMOUNT OF ENERGY THE MIND REQUIRES CAN VARY DEPENDING ON _____.

- the complexity of the task at hand.
- the mental state of the individual.
- the time of day and the individual's circadian rhythm.

THE MIND CAN BECOME FATIGUED IF IT DOESN'T RECEIVE ENOUGH _____ TO FUNCTION.

- sleep and rest to allow for recovery.
- proper nutrition and hydration.
- physical activity and exercise to maintain blood flow and oxygen to the brain.

CONSUMING CERTAIN FOODS AND NUTRIENTS CAN HELP IMPROVE THE MIND'S _____ COGNITIVE ABILITIES.

- memory
- attention span and focus
- overall health and well-being and...

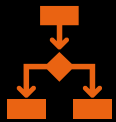
REGULAR EXERCISE CAN HELP THE MIND _____ BY INCREASING BLOOD FLOW AND OXYGEN TO THE BRAIN.

- improve cognitive function and memory
- reduce stress and anxiety
- improve mood and overall well-being

TRYING TO MULTITASK CAN BE EXHAUSTING FOR THE MIND, AS IT REQUIRES _____ TO SWITCH BETWEEN DIFFERENT TASKS.

- less energy and effort than focusing on one task at a time
- greater levels of concentration and attention to detail
- a higher level of cognitive flexibility and mental agility

THE MIND REQUIRES A SIGNIFICANT AMOUNT OF ENERGY TO _____ EFFECTIVELY.



process information and make decisions



learn and retain new information



regulate emotions and mood

MENTAL TASKS THAT REQUIRE A LOT OF FOCUS CAN CAUSE THE MIND TO _____.



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the mental state of the individual.



the time of day and the individual's circadian rhythm.

THE MIND CAN BECOME FATIGUED IF IT DOESN'T RECEIVE ENOUGH _____ TO FUNCTION.

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proper nutrition and hydration.

physical activity and exercise to maintain blood flow and oxygen to the brain.

**CONSUMING CERTAIN FOODS AND NUTRIENTS CAN
HELP IMPROVE THE MIND'S _____.
COGNITIVE ABILITIES.**

memory

attention span and focus

**overall health and well-being
and...**

REGULAR EXERCISE CAN HELP THE MIND _____ BY
INCREASING BLOOD FLOW AND OXYGEN TO THE BRAIN.



improve cognitive function and memory



reduce stress and anxiety



improve mood and overall well-being

TRYING TO MULTITASK CAN BE EXHAUSTING FOR THE MIND, AS IT REQUIRES _____ TO SWITCH BETWEEN DIFFERENT TASKS.



more energy and effort than focusing on one task at a time



greater levels of concentration and attention to detail



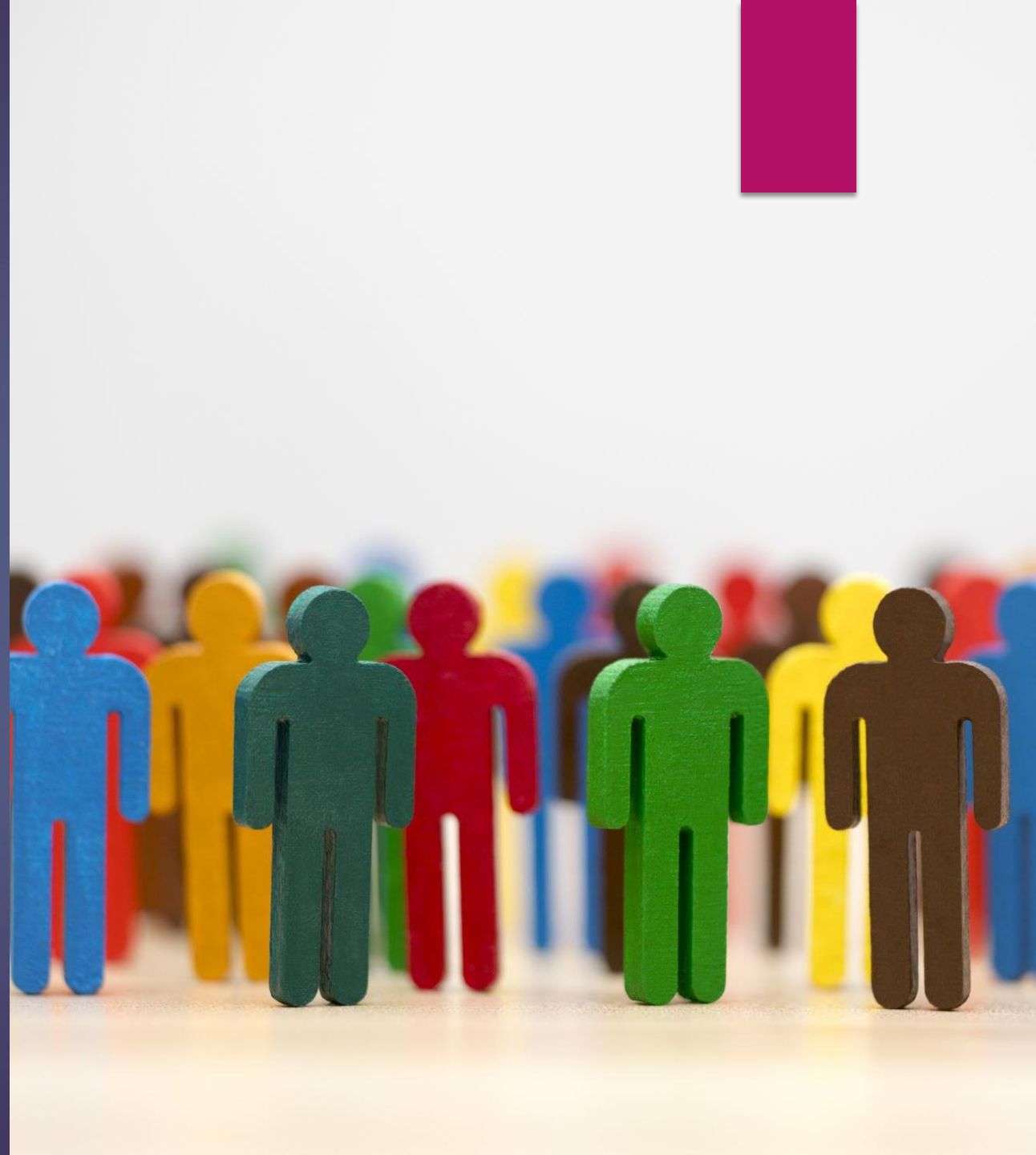
a higher level of cognitive flexibility and mental agility

QUANTUM TRANSFORMATION PRINCIPLE # 2

TOLERANCE

TOLERANCE

- ▶ Tolerance as a personal development principle involves respectfully acknowledging and accepting differences in opinions, beliefs, and values among individuals. It encompasses open-mindedness and the ability to engage with diverse perspectives without prejudice. This principle also encourages patience and understanding in interpersonal interactions, fostering harmonious relationships and personal growth.



EXPLORING FIVE DISTINCT APPROACHES CAN FACILITATE A DEEPER COMPREHENSION OF THE CONCEPT OF TOLERANCE

Understanding differences:
Tolerance is about accepting and respecting the fact that people can have different opinions, beliefs, and lifestyles.

Open-mindedness: Being tolerant means being open to learning about and understanding the perspectives of others, even if they're different from our own.

Empathy and compassion:
Tolerance involves putting ourselves in others' shoes and showing kindness, even when we don't agree with them.

Avoiding prejudice: To be tolerant, we should avoid making judgments about people based on stereotypes or biases and instead, get to know them as individuals.

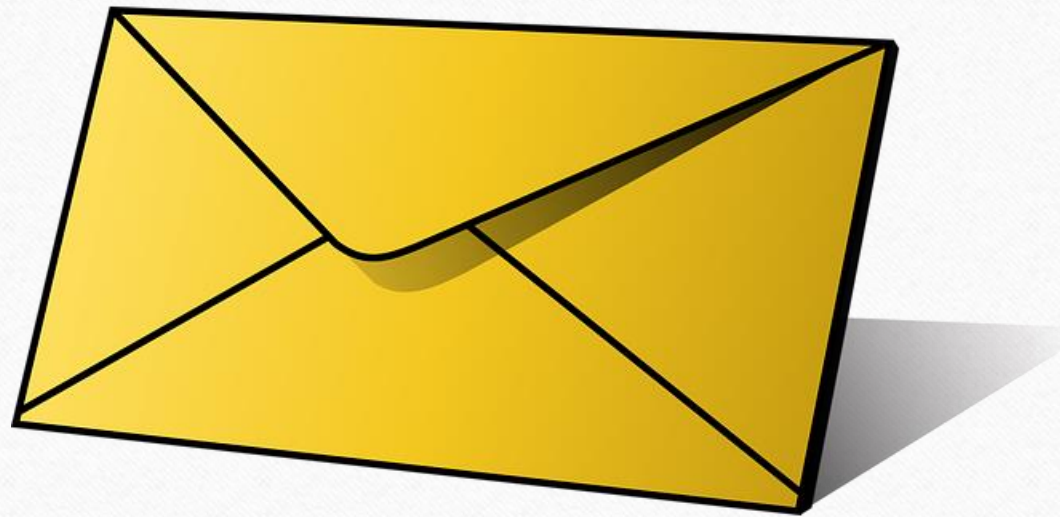
Encouraging harmony:
Tolerance promotes peace and unity by encouraging us to appreciate and celebrate the diversity within our communities.

HOMWORK EXERCISE

(WRITE THE 5 POINTS BELOW IN WORKBOOK # 1)
(SELECT ONE TO PRACTICE THIS WEEK)

- Actively listen to others without interrupting or judging them.
- Expose ourselves to different perspectives and cultures, such as by reading books, watching documentaries, or traveling.
- Be aware of our own biases and prejudices and challenge them when they arise.
- Practice empathy and put ourselves in others' shoes to better understand their point of view.

PUT MONEY IN THE ENVELOP (VITAMIN M)



NEVER GIVE UP

