

A COURSE
IN
ABUNDANCE
&
HAPPINESS
JOURNAL
PART 5



with

PeggyLee Hanson

based on the works of

Charles Hannel, *The Master Key System*

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WHO IS PEGGYLEE HANSON AND WHY SHOULD YOU LISTEN TO HER?

PeggyLee Hanson was thrown into the world of transition when Delta Airlines first merged with Northwest Airlines in 2009. She has since become an expert at helping others experiencing loss of any proportion, mentoring and guiding them through their journey with proven strategies, compassion, and support.

She says, “As a personal transition strategist, I inspire, encourage, support, and compassionately help individuals, especially women, suffering through change to quickly and easily attain the life of their dreams that they are meant - and deserve - to live. “

PeggyLee Hanson is an empowering Speaker in demand, multi-time Best-selling and International Author on Amazon.com, writing her own books and contributing to several others. She has been featured on the cover of yet another and quoted in a personal journal.

She is also CEO and Founder of [Courageous Women Publications](#), a subsidiary of Personal Transition Guidance, LLC, publishing works of entrepreneurs and individuals who desire to share a message or their expertise with the world. PeggyLee has combined her talents as writer and publisher with her coaching business. And that makes a winning combination for anyone who works with her. She has published more than 100 books and created over 50 best-selling authors.

PeggyLee is married to her husband of 40+ years; they have three grown children whose own families are expanding. She enjoys speaking, writing, reading, music, puzzles, board and card games, traveling, watching sports and, of course, people.

Connect with PeggyLee here:

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“You will see, you must see, that we are at the dawn of a new day; that the possibilities are so wonderful, so fascinating, so limitless as to be almost bewildering....Any man with a knowledge of the possibilities contained in the Master Key has an inconceivable advantage over the multitude.”

~ Charles F. Haanel

You can use as much or as little time necessary to contemplate. However, I would recommend to set aside at least an hour, to first read through the material in its entirety, and then go back to explore in detail any thoughts or feelings that bubble up. Use the journal provided to record your findings.



My Thoughts

Date _____

The Master Key System 5:1-5

“The mind, which pervades the body, is largely as a result of heredity, which, in turn, is simply the result of all the environments of all past generations...”

Haanel goes on to say that you can consciously use the desirable characteristics to your advantage and repress the undesirable ones to come forward. What characteristics, starting with the bad, have you noticed that are brought down through your ancestors? List as many as possible. Now do the same with all the good characteristics you inherited. Compare the lists. Can you see that a bad characteristic could be an asset, such as obstinacy? Or is that a good characteristic, such as compliance, allows you to be walked all over? What are your thoughts on this? I’ve added an extra page for you to write on, just in case you have lots of thoughts coming through.

Ruled writing area consisting of multiple horizontal lines for text entry.



My Thoughts

Date _____

A series of horizontal blue lines for writing, starting below the title and ending above the footer.



My Thoughts

Date _____

A series of horizontal blue lines for writing.



My Thoughts

Date _____

A series of horizontal blue lines for writing, starting below the title and ending above the footer.



My Thoughts

Date _____

The Master Key System 5:28-29

“All possession is the result of the accumulative attitude of mind, or the money consciousness...The magic wand which will enable you to receive...”

If you've ever planned any event, such as a surprise party, you are well aware of the immense pleasure in not only of a successful execution, but in the setup and planning as well. It is now time for this week's exercise, returning to your chair and visualize your life in a complete and happy state. Return here after each time of practical execution to record your thoughts. I've added an extra page for you to write on, just in case you have lots of thoughts coming through.

A large section of horizontal blue lines provided for writing thoughts.



My Thoughts

Date _____

A series of horizontal blue lines for writing.



My Thoughts

Date _____

A series of horizontal blue lines for writing.

