A COURSE

IN

ABUNDANCE

&

HAPPINESS

JOURNAL PART 12



with

PeggyLee Hanson

based on the works of

Charles Haanel, 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 <u>Courageous Women Publications</u>, 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.

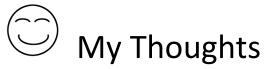
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"You will see, you must see, that we are at the dawn of a new day; that the possibilities are so wonderful, so fascinating, so limitless as to be almost bewildering....Any man with a knowledge of the possibilities contained in the Master Key has an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

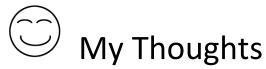


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The Master Key System 12:1-5

The only way to keep from going backward is to keep going forward. Eternal vigilance is the price of success." How often have you felt stuck, where you were trapped and couldn't move? But then, somehow, you got unstuck.			
What did you do? Record two or three instances where you became stuck, how you got yourself moving again, and the esults experienced.			

My Thoughts	Date

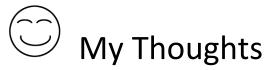


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The Master Key System 12:6-10

"It is often found then that money and property are not Independence at all. On the contrary, the only Independence is found to be a practical working knowledge of the creative power of thought." Before you can create money to procure the property, a thought occurred. Before you, perhaps, became a lawyer, you contemplated the idea. You put a plan in place. It was the law of thought that brought you to where you are today With that concept in mind, where do you want to be tomorrow? Next year? The year after that?			

My Thoughts	Date

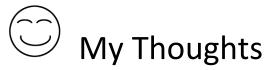


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The Master Key System 12:11-16

" a true understanding of the world of power within, a power that increases with use is permanent an actual creative force with which we can build new conditions and new environment." Your thoughts create your power within. Negative thinking diminishes the power. Think of a rotary light switch, that, when turned one way dims the light. Turned the other way brightens the light. What currently in your life right now				
could be brightened up with the dimmer switch?				

My Thoughts	Date

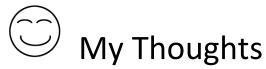


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The Master Key System 12:17-21

"The principle which gives thought the dynamic power to correlate with its object is the law of attraction, which is another name for love." Whatsoever you do you do in the name of love. That love may be for you or someone else. What are you doing nov					
and what do you wish to create in the future out of this love?					

My Thoughts	Date



Date		

The Master Key System 12:22-25

"Power comes through repose. It is by concentration that deep thoughts, wise speech, and all forces of high potentialit are accomplished." Haanel states that we cannot think new ideas unless our brain is ready to receive them. Below write affirmation statements, as many as you can that will allow new thoughts and ideas to enter with it. For instance, "I am open to receiving new ideas."				

My Thoughts	Date

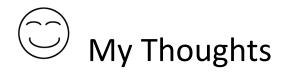


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The Master Key System 12:26-28

"He who desires wisdom, power, or permanent success of any kind will find it only within; it is an unfoldment." This week's assignment is to return to the same room and the same chair as you sat in the beginning. Clear your mind of any pressurized thought. Realize that you have the ability to manifest everything you desire. Each time you do this exercise return to this journal to log your thoughts.					

My Thoughts	Date



Date				

	You have come to the end of Part 12. Look at all the deep work you've accomplished! You're doing great!				
Breathe. Breathe.					

My Thoughts	Date