A COURSE

IN

ABUNDANCE

&

HAPPINESS

JOURNAL

PART 16



with

PeggyLee Hanson

based on the works of

Charles Haanel, The Master Key System

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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.

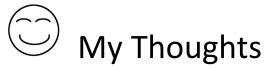
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"You will see, you must see, that we are at the dawn of a new day; that the possibilities are so wonderful, so fascinating, so limitless as to be almost bewildering....Any man with a knowledge of the possibilities contained in the Master Key has an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



Date		

The Master Key System 16:1-6

Wealth is a product of labor. Capital is an effect, not a cause; a servant, not a master; a means, not an end." There it is, in all its Glory, the number one statement in this entire book. Wealth is not an end, but "simply as a	
neans of accomplishing an end." As you read through this section, how does the previous statement affect you? Whe vill you now change using this newly found piece of information or clarity?	at

My Thoughts	Date



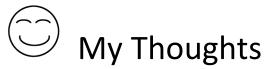
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The Master Key System 16:7-11

"The successful businessman is more often than not an idealist and is ever striving for higher and higher standards	. The
subtle forces of thought as they crystallize in our daily lives is what constitutes life."	

Someone once said if you look in your pocketbook to fulfill a dream you will never attain it. The recurring theme throughout this book is that if you dream it, it can become, depending entirely on the spiritual process of idealization, visualization, and materialization. What do you dream of, idealize? Record your desire below in full dream sequence. Leave nothing untouched, no stone unturned.

My Thoughts	Date

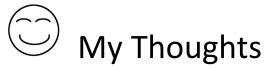


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The Master Key System 16:12-16

"The conditions with which we meet in the world without, correspond to the conditions which we find in the world with This is brought about by The Law of Attraction. How then shall we determine what is to enter into the world within?" Haanel suggests that you can formulate your own thinking process regardless of what others think, your current circumstances, or your environment. As the negative begins to invade, what action can you exercise to consciously realize that which you desire, can indeed manifest?	in

My Thoughts	Date



Date						

The Master Key System 16:17-21

"Therefore, to control thought is to control circumstances,	, conditions,	environment,	$and\ destiny.$	How then	are we to
control thought; what is the process?"					

The results of the thought, Haanel goes on to say, is that they depend upon the form, quality, and vitality. What shought did you wish to bring to life? Record below the mental image in all its glory; the quality of the thought in all its woven strength; and the vitality, with all the feeling of being constructive, in growth capability and within in its		
expansiveness.		

My Thoughts	Date

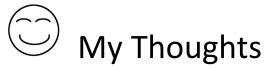


Date		

The Master Key System 16:22-28

"If our thought is constructive and harmonious we manifest good; if it is destructive and discordant we manifest evil." Haanel's explanation on item 28 has been substantiated by the use of vision boards, assisting the mind to see and		
nold your desired life and environment. List below items you would gather for a vision board and then find the images in magazines and newspapers. Cut them out and create your own vision board. Record your progress below.		

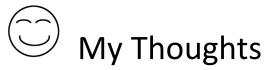
My Thoughts	Date



The Master Key System 16:29-33

and this visualization is a substantial token of what will one day appear in the objective world, if we are faithful to our ideal." It is by no accident that you have been asked over and again about your dreams and goals, and to log them within this journal of pages. Each time you visualize, you gain clarity. What else can you see today about your dream?				

My Thoughts	Date



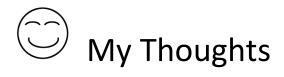
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The Master Key System 16:34-37

"Visualization must, of course, be directed by the will; we are to visualize exactly what we want; we must be careful not
to let the imagination run riot. Imagination is a good servant but a poor master and may easily lead us into all kinds of
speculations and conclusions which have no basis or foundation of fact whatever."

Your assignment this week is to bring yourself to realize that Harmony and Happiness, along with Abundance, perhaps, are states of Consciousness, and are not dependent on material possessions. Reflect on what makes you happ and record your thoughts below.		

My Thoughts	Date



Date

You have come to the end of Part 16. Look at all the deep work you've accomplished! You're doing great!							
Breathe. Breathe.							

My Thoughts	Date