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 <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	
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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.				

My Thoughts	Date



Date	

"Muchha	s been received	from others,	the results of or	oinions, su	uggestions d	or statement	s; much of i	t is the resi	ılt of our
own thinkin	igaccepted wi	ith little or no	examination or	r consider	ation."				

Think about advertisements on television, on the internet, in magazines. They are all "conditioners" for your mindset. Think about cell phones and how nearly everyone has one. How could have we possibly lived without one, or one today, without it? What other conditioners have you allowed to settle into your mind as true? It could be something like, "You will always struggle." "You'll never have enough." "Who do who do you think you are?" Record as many as you can below, along with any thoughts that come to mind concerning the carelessness of building your Mental Home, where the materials of despondency, fear, worry, and doubt were used. I've added an extra page for you to write on, just in case you have lots of thoughts coming through.					

My Thoughts	Date



Date	
	-

The Master Key System 5.11-15

"But if we havecourageous thought, if	we have been optimistic, į	positivethrown any kin	nd of negative thought on	the
scrap pileOur mental material is now o	of the best kind"			

Having the mental house-cleaning that Haanel speaks of is the very essence of your state of mind. You know what you are played with, day in and day out. There will always be something out there in the world or in your life that hangs in the balance. Shaking out the curtains or beating the rug of the dirt allows the particles to be swept and carried away into thin air. With your house now cleaned, what kind of ideals or mental images that which you desire, can now be realized? Dream big, in detail, and let no man put asunder. I've added an extra page for you to write on, just in case you				
have lots of thoughts coming through.				

My Thoughts	Date

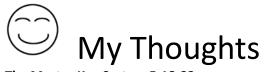


Date	

"There is a fine estate awaiting a claimant...All the heir has to do is to assert his heirship, take possession, and use the property. To neglect it is to lose possession."

The three processes necessary to gain your estate, to earnestly desire, assert your claim, and then take possession, all revolve around the most important principle of having first clean, strong, and stable mental materials, will, indeed, make the process seem unburdening. Power over circumstances. What areas of your life seem to be controlled by circumstances? Examples would be finance or relationships. How might you gain power over them? These examples might include creating a budget or a perfect partner profile. Record your answers and with as much detail as possible. Remember to not edit your thoughts. I've added an extra page, here too, for you to write on, just in case you have lots of thoughts coming through.					

My Thoughts	Date



Date	

The Master Key System 5:18-22

For several years now I have said, "Faith is not found from others, it is found within." I only just read these same words in item 22. This realization may be that I'm wielding my very own secret of power. What is a mantra you have	"there is a heredity which the physical scientists have not compassedIt lies beneath This Infinite Life flows through					
	For several years now I have said, "Faith is not found from others, it is found within." I only just read these same words in item 22. This realization may be that I'm wielding my very own secret of power. What is a mantra you have repeated over and over that gives you strength to "keep calm and carry on?" Explain in as much detail as possible.					



The Master Key System 5:23-27

"Those [who] have come into possession of this inheritance are never quite the same againSomething in them has bee
arouseda tremendous latent ability of which they were heretofore entirely unconscious."

nuscle grows weaker. Wh		stronger if not used. erly used, can grow la	
ll your thoughts below.			

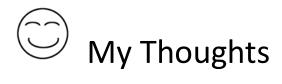


Date	

"All possession is the result of	the accumulative attitude of	f mind, or the money	consciousnessT	he magic wand wh	iich
will enable you to receive"					

successful execution hair and visualize you	ır life in a complete	nd planning as v and happy stat	well. It is now ti e. Return here a	me for this weel after each time (k's exercise, retur of practical execu	ning to your
our thoughts. I've add	ded an extra page f	or you to write	on, just in case	you have lots of	thoughts coming	g through.

()		
	My Thoughts	Date



Date

You have come to the end of Part 5. Look at all the deep work you've accomplished! You're doing great!						
Breathe. Breathe.						

My Thoughts	Date