A COURSE

IN

ABUNDANCE

&

HAPPINESS

JOURNAL

PART 8



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.

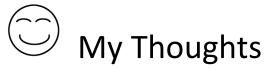
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"You will see, you must see, that we are at the dawn of a new day; that the possibilities are so wonderful, so fascinating, so limitless as to be almost bewildering....Any man with a knowledge of the possibilities contained in the Master Key has an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

The Master Key System 8:1-5

"..it will be well for you to keep this quotation from George Matthews Adams, in mind, 'Learn to keep the door shut, keep out of your mind, out of your office, and out of your world, every element that seeks admittance with no definite helpful end in view.'"

Haanel introduces the immutable law whereby any thought produces like results. Destructive thinking begets destructive results. Constructive and positive thinking thereby, in turn, results in constructive, positive results. Take a few moments now and log below all thoughts that are constructive and positive in nature that will manifest your desires. Set a timer for 7 minutes. Write accordingly, jumping past the negative and destructive.

My Thoughts	Date



Date						

The Master Key System 8:6-11

'Imagination is the mighty instrument by which every discoverer, every inventor, opened the way from precedent to experience. Precedent said, 'It cannot be done; experience said, 'It is done.'"					
What once had been a dream that you made come true? What were the steps used in manifestation? Be clear.					
Describe in detail, and do not edit your response					

My Thoughts	Date

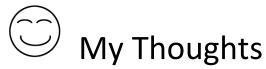


Date			

The Master Key System 8:12-16

When you have become thoroughly conscious of the fact that mind is the only creative principle and that you can consciously come into harmonythrough your power of thought you will have taken a long step in the right direction." What do you now dream of? What steps are necessary to bring that dream to life? Be clear. Describe in detail. Do not edit your response.					

My Thoughts	Date



Date			

The Master Key System 8:17-21

" we know that power is from within, but it must be developed, unfolded, cultivatedin order to do this we must be					
receptive acquired by exercise."					
Haanel shares that you cannot have 10 hours of negative thoughts washed away with only 10 minutes of positive					
nes. It takes work, exercising that muscle which keeps the destructive out and at bay.					
For as long as you can, write a stream of positive, constructive flow. And for the remainder of today only think in					
that positive and constructive consciousness.					
that positive and constructive consciousness.					

My Thoughts	Date

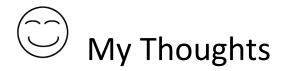


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The Master Key System 8:22-24

'Successful men constantly hold in mind the next step necessary to the ideals for which they are striving." What is your next step that you will get you closer to your ideal? What is the next step, then, after that one? Be sure					
to be as clear as possible. Include every detail.					

My Thoughts	Date



Date

The Master Key System 8:25-27

"If you have been faithful to your ideal, you will hear the call when circumstances are ready to materialize your plans and results will correspond in the exact ratio of your fidelity to your ideal... It is thus...whereby conditions of opulence and harmony may be attracted to you."

out the rest were w you going to manife				feel? What we	re you thinking a	t the time? What wer
ou going to manife	estr Record your	thoughts belov	٧.			

My Thoughts	Date

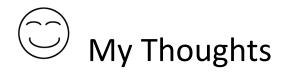


Date		

The Master Key System 8:28-33

"It is the few who know that the things which they see are only effects, and understand the causes by which these effect were brought into existence." Look around where you are sitting. What do you see? Write the items below. When ready, choose one of those								
	mplete this week's exercise over the next few pages in this journal.	ne or those						

My Thoughts	Date



Date						

You have come to the end of Part 8. Look at all the deep work you've accomplished! You're doing great!
Breathe. Breathe.

My Thoughts	Date