

A COURSE
IN
ABUNDANCE
&
HAPPINESS
JOURNAL
PART 8



with

PeggyLee Hanson

based on the works of

Charles Hannel, *The Master Key System*

Copyright © 2023 Peggy Lee Hanson. All rights reserved. No portion of this book may be reproduced mechanically, electronically, or by any other means, including photocopying, without written permission of the publisher. It is illegal to copy this book, post it to a website, or distribute it by any other means without permission from the publisher.

Limits of Liability and Disclaimer of Warranty

The author and publisher shall not be liable for your misuse of this material. This book is strictly for informational and educational purposes.

Warning – Disclaimer

The purpose of this book is to educate and entertain. The author and/or publisher do not guarantee that anyone following these techniques, suggestions, tips, ideas, or strategies will become successful. The author and/or publisher shall have neither liability nor responsibility to anyone with respect to any loss or damage caused, or alleged to be caused, directly or indirectly by the information contained in this book.



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:

[Email](#) [Website](#) [Facebook](#) [LinkedIn](#) [YouTube](#) [Amazon](#)

“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 _____

A series of horizontal blue lines for writing.



My Thoughts

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

Handwriting lines for response



My Thoughts

Date _____

A series of horizontal blue lines for writing, filling most of the page.



My Thoughts

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 harmony...through 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 _____

A series of horizontal blue lines for writing.



My Thoughts

Date _____

The Master Key System 8:17-21

"... we know that power is from within, but it must be developed, unfolded, cultivated...in 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 ones. 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.



My Thoughts

Date _____

A series of horizontal blue lines for writing.



My Thoughts

Date _____

A series of horizontal blue lines for writing.



My Thoughts

Date _____

A series of horizontal blue lines for writing.



My Thoughts

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 effects were brought into existence."

Look around where you are sitting. What do you see? Write the items below. When ready, choose one of those objects to complete this week's exercise over the next few pages in this journal.

Lined writing area consisting of approximately 30 horizontal blue lines for text entry.



My Thoughts

Date _____

Lined writing area consisting of 28 horizontal blue lines for text entry.



My Thoughts

Date _____

A series of horizontal blue lines for writing.

