# A COURSE

IN

ABUNDANCE

&

HAPPINESS

JOURNAL

PART 9



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 9:1-4

"The three things which all mankind desires and which are necessary for his highest expression and complete development are Health, Wealth and Love."  Haanel goes on to say that nothing else can be added to find happiness. Do you agree? Why or why not? Log your thoughts below.		

My Thoughts	Date



Date			

## The Master Key System 9:5-10

"To know the truth, to be sure, to be confident, affords a satisfaction beside which no other is at all comparable but, it is the only solid ground in a world of doubt, conflict, and danger."				
What is it that you know to be true? What do you what do people not see in you, the truth that you know who you				
are? How can you change that? Write your thoughts below.				

My Thoughts	Date



Date		

The Master Key System 9:11-14

"Thought is a spiritual activity and spirit is creation, therefore the result of holding this thought in mind must necessari bring about conditions and harmony with the thought."			
What do you seek to change or improve? Create the affirmation below and repeat it over and again during the			
course of the next week.			

My Thoughts	Date



Date		

The Master Key System 9:15-17

"He who has learned to bring the greatest spiritual truths into touch with the so-called lesser things of life has discovered		
the secret of the solution of his problem."  Recall instances of when someone had told you how comfortable or at ease you made them feel. Explain how this		

My Thoughts	Date



Date		

## The Master Key System 9:18-28

"I am whole, perfect, strong, powerful, loving, harmonious and happy."	′ ~Frederick And	rews
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The affirmations on Haanel speaks of are the truth that leads to the "Secret Place of the Most High," the "Master Key" that which unlocks the door to your deepest desires.

Using the I am statements complete with a word beginning with each letter of the alphabet. For instance I am abundant. I am beautiful. I am courageous, and so on. See how many different words for each letter you can come up with.

My Thoughts	Date

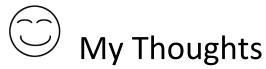


Date
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### The Master Key System 9:29-31

"Spirit is omnipresent all that is required is a proper recognition of its omnipotence, and a willingness or desire to become the recipient of its beneficent effects."
Log below the feelings, the emotions, any new awareness, perhaps, you felt while writing out your affirmations from
the previous exercise. Do not edit your response.

My Thoughts	Date

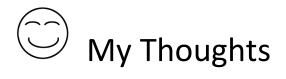


Date			

The Master Key System 9:32-34

"When you are enabled to make your vision clear and complete you will be enabled to enter into the spirit of [that]	
thing Every success has been accomplished by persistent concentration upon the object in view."	
What is your vision? What do you want to bring about in your life? In your business?	
Write your affirmations below and then create (write out) the visualizations that which will materialize in	
manifestation. Be as clear and detailed as possible.	
· ·	

My Thoughts	Date



Date					

You have come to the end of Part 9. Look at all the deep work you've accomplished! You're doing great!
Breathe. Breathe.

My Thoughts	Date