

GLOBAL TEAM CHALLENGE

A black and white photograph of a woman with dark hair in a ponytail, wearing a dark tank top and a climbing harness, reaching up to a rock climbing wall. The wall is light-colored with various climbing holds. The image is split diagonally from the top left to the bottom right, with the top-left portion being a solid orange color. The text 'GLOBAL TEAM CHALLENGE' is written in a large, bold, italicized sans-serif font across the top half of the image, with the words stacked vertically.

Q1

8 MINUTE

DAILY CHALLENGE

"Taking 8 minutes for yourself every day is not selfish it's essential and it will change your life!" Abigail Barnes

WELCOME TO THE GLOBAL TEAM CHALLENGE

EVERYONE get's the same 24 hours, but the truth is not everyone is using their time in the same way!

Some people are making self care a priority, and saying NO more than they say yes! Investing their time in activities that make them happy, with people that inspire and empower them. They don't have more time than you, they're simply choosing to maximise what they have!

How you spend your time is your choice, and the results you're getting/not getting are the direct result of what you're doing/not doing with it.

TEAMS

You have been put into a diverse (location, position and expertise wise) team of 9 other colleagues to facilitate collaboration, skill sharing and teamwork.

This challenge is accessible to all and only requires 8 minutes of your 24 hour day!

THE 8-MIN DAILY CHALLENGE - GETTING STARTED

1. Pick one activity that you will do every day for 8-minutes.

In this workbook we have given you a list of 8 activities to choose from. If you have your own then use them instead and share this with your team. Also you don't have to do the same activity every day.

The activities are broken down into 3 types (movement, mindset & meditation).

You'll find a short overview about each activity type and the major benefits (some activities come with a video, audio or pdf download to guide you step by step).

2. Track your progress (in your online team tracker)
3. Accountability use your team and partner to keep motivated and on track
4. Diary (keep notes in your workbook about what comes up for you during the challenge)

ACTIVITIES

8 MINUTE ACTIVITY

TYPES OF MOVEMENT ACTIVITIES

Movement comes in many different forms, if you want to keep your body fit and healthy then an 8-minute daily movement routine could be right for you.

Below are 3 options:

1. 8-Min Walk (Download the pdf for full instructions)
2. 8-Min Yoga Stretch (Use the video for full instructions)
3. 8-Min Energiser Training (Use the video for full instructions)

TYPES OF MINDSET ACTIVITIES

There are many mindset activities to choose from, find the one that makes you feel the most inspired, excited, thankful and gives you proof of what's possible.

Below are 3 options:

1. 8-Min Journal (Download the pdf for full instructions)
2. 8-Min Gratitude (Download the pdf for full instructions)
3. 8-Min Read (Download the pdf for full instructions)

TYPES OF MEDITATION ACTIVITIES

Meditation is a super power, whether you are a beginner or a pro, meditation will change your life - it's the ultimate way to slow down a busy mind and reset it.

Below are 2 options:

1. 8-Min Guided Meditation (Use the audio for full instructions).
2. 8-Min Sleep Meditation (Use the audio for full instructions).

COMMITMENT

8 MINUTE DAILY CHALLENGE

*"We achieve what we commit to" **Abigail Barnes***

What 8 minute activity/s will you try? You don't have to do the same thing every day, you can alternate. You can also substitute activities for things that you already do, remember to keep your team updated and adjust your tracker to accommodate your activity choices.

It's not a competition in terms of the amount of time you do your activities for, it's an endurance challenge to see who can be consistent for 90 days doing an activity for a minimum of 8 minutes every day.

MOVEMENT	MINDSET	MEDITATION
<p>Movement comes in many different forms, if you want to keep your body fit and healthy then an 8-minute daily movement routine could be right for you.</p>	<p>There are many mindset activities to choose from, find the one that makes you feel the most inspired, excited, thankful and gives you proof of what's possible.</p>	<p>Meditation is a super power, whether you are a beginner or a pro, meditation will change your life - it's the ultimate way to slow down a busy mind and reset it.</p>
<p>WALK YOGA ENERGISER</p>	<p>JOURNALING GRATITUDE READING</p>	<p>GUIDED SLEEP</p>

*"We over estimate what we can achieve in a week and underestimate what we can achieve in a quarter" **Abigail Barnes***

ACCOUNTABILITY IS A KEY COMPONENT OF SUCCESS

Keep your online team tracker updated regularly to stay motivated. If the unexpected comes up (which it does for us all) don't forget you can do your activity at any time of the day (morning is a great way to start your day, but equally before you go to bed works too, especially if it's the sleep meditation!).

Why not suggest an 8-min Google Hangout group session to your team leader if motivation is flagging.. Also you can share photos and videos of you doing your activities with your group too...there are no limits to how you increase morale.

GLOBAL TEAM CHALLENGE

PROGRESS DIARY

*"What you don't track you can't analyse" **Abigail Barnes***

Keep notes of what happens for you during the challenge, how you feel, any resistance or life challenges you encounter (use extra paper if you need).

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Congratulations

Now you have a taste for how much more awesome your life can be when you make time for yourself on a daily basis.

You've proven to yourself that you can find 8-minutes every day and the next step is to find 16 minutes, 24 minutes, 32 minutes and so on...

If you have any questions during the challenge please email us at:

hello@successbydesigntraining.com

We can't wait to find out which team will be the Q1 winner of the 8 minute Global Challenge Award.

The award criteria will be a combination of:

- Contribution to Q1 revenue
- Customer satisfaction feedback
 - Product development
 - Team morale
 - Team engagement
- Company collaboration