

# 28 DAY SELF-CARE CHALLENGE

## WORKBOOK

OWN YOUR 24



# INTRODUCTION

NOTHING IS MORE IMPORTANT THAN HOW YOU SPEND YOUR TIME



*"When I thought I was going to die, I realised I'd never really lived."* Abigail Barnes

## WHO AM I?

Is an interesting question. 10 years ago I would have told you my name, my job title and where I lived, because those three reference points are how most of us are taught to describe ourselves, some might also add their relationship status, number of children or pets.

It was 8 years ago this year, 25 February 2012 that I found myself without any of those reference point to fall back on. I was a 32 year old woman about to die in a foreign country on a work business trip, in a hospital where I was an insurance number!

A story for another day (one you can read about on my website\* and watch the only talk I've given about what happened, link below).

It's with much gratitude that I was given a second chance that day, surviving a stroke without any physical disabilities, and finding ways to navigate the mental health challenges and PTSD.

As a result of this experience (spiritual awakening) I now have huge respect for time and see every day as a blessing. I view self-care as a daily gift we can give to ourselves, time to top up our energy tanks for the day that lies ahead or has passed, a time to go in and get away from the noise of the world, to hit our own internal reset button.

\*You can find more about my wake up call over on: [www.abigailbarnes.co.uk](http://www.abigailbarnes.co.uk)

## MY BIO & BUSINESS MISSION

Abigail Barnes is the founder of Success by Design Training, an award-winning entrepreneur, author, speaker and corporate trainer on time management and productive wellbeing.

She is a qualified coach and creator of the renowned 888 Formula.

Success by Design Training, are on a mission to help 1 million individuals create better work/life balance by 2025. Working with ambitious professionals and visionary organisation that want to increase productivity while also improving wellbeing.

The 888 Formula is a cutting-edge, holistic approach to work/life balance. A practical framework that helps individuals audit their life and identify areas for development against 3 key metrics based on science and social norms. It's the foundation for unlocking their time motivation to create lasting change.

# SELF-CARE

8 MINUTES A DAY WILL CHANGE YOUR LIFE!

*"Life if well lived, is long enough" Seneca*

## WELCOME TO THE 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 do, they're simply maximising what they have differently!

*How you spend your time is your choice, as long as you understand the results you're getting/not getting are the direct result of what you're doing/not doing.*

:-) If you like the results awesome keep doing what you're doing!!

:-( If you don't like the results, then maybe it's time to make some changes.

Let me show you what I do, it can take as little as 8-minutes a day!

## THE 28 DAY SELF-CARE CHALLENGE - GETTING STARTED

1. **Pick one activity** that you will do daily 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, also you don't have to do the same thing every day, you can alternate and combine as you wish.

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 in the challenge hub (some activities also come with videos to guide you).

2. **Track** your progress (on page 4-6 of the workbook).

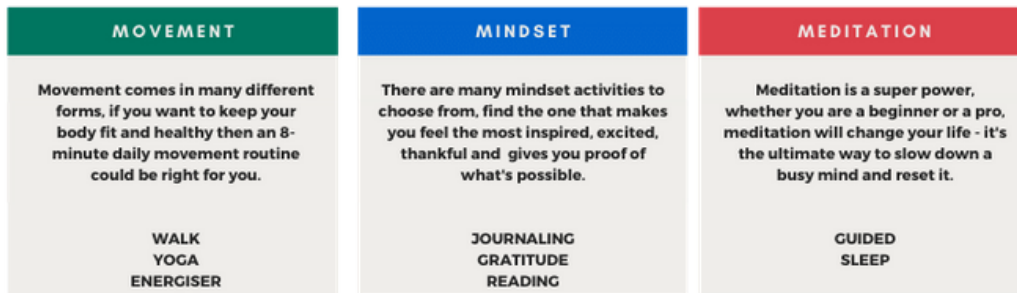
3. **Journal** (keep notes on page 6-9 of the workbook).

4. **Join** The 888 Community Accountability Group on Facebook/ LinkedIn or both.

# ACTIVITIES

## 8 MINUTE ACTIVITY

For the purpose of this challenge we recommend you try some or all of the 8 activities outlined below. I do at least 1/3 of them on a daily basis. We've divided them into 3 types of activity to help you choose what's right for you, under the headings Movement, Mindset and Meditation.



### 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 how to guide in the hub)
2. 8-Min Yoga Stretch (Use the video in the hub for full instructions)
3. 8-Min Strength Training (Use the video in the hub 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 how to guide in the hub)
2. 8-Min Gratitude (Download the pdf how to guide in the hub)
3. 8-Min Read (Download the pdf how to guide in the hub)

### 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 in the hub for full instructions)
2. 8-Min Sleep Meditation (Use the audio in the hub for full instructions)

# COMMITMENT

## 8-MIN DAILY CHALLENGE

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

What 8 minute activity/s will try for 8-mins a day?

Use the box below to list what you will try and let us know over in The 888 Community and ask the group to keep you Accountable

### ACCOUNTABILITY IS A KEY COMPONENT OF SUCCESS

There are two groups for this challenge you are welcome to join one or both depending on where you hangout the most online. We will share the same Challenge information in both.

The 888 Community - Facebook or LinkedIn  
(check your email for links or get in touch)

# 8-MIN A DAY CHALLENGE

## PROGRESS TRACKER

*"If you don't track it, you can't review it" **Abigail Barnes***

Use the tables on the next few pages to keep track of the 8-minute activities you do. Tick the box by the relevant activities, and logging how they make you feel. Some people even like to add am or pm to remember when they did them.

If you miss a day start again when you remember, if you started half way through the challenge don't worry, although we're running this as a 28 Day Challenge, you will experience results from whatever you have time to do. Spending 8-minutes a day on self-care can change your day and done regularly it will change your life!

You can do your activity at any time of the day (morning can be a great way to start the day, but equally before you go to bed is a great time too). You don't have to limit yourself to 8-minutes, if you want to do more than 1 activity we're not stopping you!

Equally if you want to do your own activity/s all together you can and amend the tracker accordingly. There are two aims of this challenge the first is that you create a routine (8-mins or more), and two that you remain consistent.

Activity	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Movement	Movement	Movement	Movement	Movement	Movement	Movement	Movement
Walk							
Yoga							
Strength							
Mindset	Mindset	Mindset	Mindset	Mindset	Mindset	Mindset	Mindset
Journal							
Gratitude							
Read							
Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
Guided							
Sleep							

# 8-MIN A DAY CHALLENGE

## PROGRESS TRACKER

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Activity	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<b>Movement</b>	<b>Movement</b>	<b>Movement</b>	<b>Movement</b>	<b>Movement</b>	<b>Movement</b>	<b>Movement</b>	<b>Movement</b>
Walk							
Yoga							
Strength							
<b>Mindset</b>	<b>Mindset</b>	<b>Mindset</b>	<b>Mindset</b>	<b>Mindset</b>	<b>Mindset</b>	<b>Mindset</b>	<b>Mindset</b>
Journal							
Gratitude							
Read							
<b>Meditation</b>	<b>Meditation</b>	<b>Meditation</b>	<b>Meditation</b>	<b>Meditation</b>	<b>Meditation</b>	<b>Meditation</b>	<b>Meditation</b>
Guided							
Sleep							

Notice and record how certain activities make you feel/help you handle your day to day life/challenges. Does the time of day impact things?

Activity	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
<b>Movement</b>	<b>Movement</b>	<b>Movement</b>	<b>Movement</b>	<b>Movement</b>	<b>Movement</b>	<b>Movement</b>	<b>Movement</b>
Walk							
Yoga							
Strength							
<b>Mindset</b>	<b>Mindset</b>	<b>Mindset</b>	<b>Mindset</b>	<b>Mindset</b>	<b>Mindset</b>	<b>Mindset</b>	<b>Mindset</b>
Journal							
Gratitude							
Read							
<b>Meditation</b>	<b>Meditation</b>	<b>Meditation</b>	<b>Meditation</b>	<b>Meditation</b>	<b>Meditation</b>	<b>Meditation</b>	<b>Meditation</b>
Guided							
Sleep							

# 8-MIN A DAY CHALLENGE

## PROGRESS TRACKER

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Activity	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Movement	Movement	Movement	Movement	Movement	Movement	Movement	Movement
Walk							
Yoga							
Strength							
Mindset	Mindset	Mindset	Mindset	Mindset	Mindset	Mindset	Mindset
Journal							
Gratitude							
Read							
Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
Guided							
Sleep							

Keep notes of what happens during the challenge, how you feel, any resistance you encounter (use the back of the workbook to write on if you run out of space).



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# 8 MIN ACTIVITY

28 DAY CHALLENGE

## Congratulations

Now you understand first hand just how much more awesome your life can be/feel when you make time for yourself on a daily basis.

Having proven to yourself that you can find 8 minutes a day your next step is to find 16 mins and then 24 mins, 32 mins and so on...

Awareness really is your key to change.

To find out more about the programs and training we offer visit our website.

**[WWW.SUCCESSBYDESIGNTRAINING.COM](http://WWW.SUCCESSBYDESIGNTRAINING.COM)**

Email us with any questions you have:

**[enquiries@successbydesigntraining.com](mailto:enquiries@successbydesigntraining.com)**

During the challenge please tag me in any posts and use the **#8forme**

You can find me on Instagram, Facebook & Twitter by searching for:

**[@abarnesauthor](#)**

## Results

We'd really love to find out how you found the challenge.

[Let us know over in The 888 Community.:](#)

1. What have you realised about yourself/work/life from taking part in the challenge?
2. What changes you have experienced in your work/life/relationships?
3. What you will continue to do now the challenge has finished?