

8 MINUTE  
DAILY  
CHALLENGE

WORKBOOK

OWN YOUR 24



# 8 MINUTE

## DAILY CHALLENGE

*"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.

Start changing your life 8-minutes a 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, also you don't have to do the same thing every day, you can alternate..

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 library area (some activities also come with videos to guide you).

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

3. **Journal** (keep notes on page 4 of the workbook).

# 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 (in nature/local area/lunchtime/your commute)
2. 8-Min Yoga Stretch (Use the video for full instructions)
3. 8-Min Strength Training (8xpushups/8xdips/8xsquats/8xsit ups - x3 sets)

### 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 (Free flow write about your hopes/dreams/visualise your day)
2. 8-Min Gratitude (Write a list of 8 things you can be grateful for am & pm)
3. 8-Min Read (Choose books that will inspire/motivate you)

### 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-MIN DAILY CHALLENGE

We achieve what we commit to.

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

MOVEMENT	MINDSET	MEDITATION
<p><b>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.</b></p>	<p><b>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.</b></p>	<p><b>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.</b></p>
<p><b>WALK YOGA ENERGISER</b></p>	<p><b>JOURNALING GRATITUDE READING</b></p>	<p><b>GUIDED SLEEP</b></p>

ACCOUNTABILITY IS A KEY COMPONENT OF SUCCESS,  
ASK A COLLEAGUE TO SUPPORT YOU.

# 8-MIN A DAY CHALLENGE

## PROGRESS TRACKER

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

Use this page to keep track of your 8-min daily activities, why not try the challenge for 8 days. If you miss a day start again when you remember. You can do your activity at any time of the day (morning is a great way to start you day, but equally before you go to bed is a great time too).

Activity	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Movement	Movement	Movement	Movement	Movement	Movement	Movement	Movement	Movement
Walk								
Yoga								
Strength								
Mindset	Mindset	Mindset	Mindset	Mindset	Mindset	Mindset	Mindset	Mindset
Journal								
Gratitude								
Read								
Meditation	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 this workbook to continue note taking).

# 8 MIN ACTIVITY

## 8 MIN CHALLENGE

### Congratulations

This quick and easy 8-min challenge has given you a taste of how much more awesome your life can be when you make time for yourself on a daily basis.

Now you've proven to yourself you can find 8-mins a day the next step is to find 16 mins and then 24 mins, 32 mins and so on...

Awareness really is your key to change. If you liked this activity and want 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:

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I'd love to hear from you, on social please tag me in any posts you can find me on Instagram, Facebook & Twitter by searching for:

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