

Pre Order Party

The 8 Time
Management
Beliefs Stealing
your Time

WITH ABIGAIL BARNES



WORKBOOK

SUCCESS BY DESIGN TRAINING

PRE ORDER **Bonuses**

- 1 **Bonus Training:** 90 min LIVE Masterclass walking you through the book plus Q&A (Replay)
- 2 **Bonus Training:** 60 min LIVE Energy Management for Remote Work Masterclass plus Q&A (Replay)
- 3 **Bonus Training:** 45 min LIVE Pre Order Party Q&A (Replay)

- Signed & Numbered Copy (pre-order message)

**Value £997



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*"Your current location,
is not your final destination"*

Anon



How you spend your time matters!



Distracted or
Disciplined?



Pessimistic or
Optimistic?



Consumer or
Creator?

The 8 Time Management Beliefs Stealing your Time.

WHO'S VOICE ARE YOU LISTENING TO?

BELIEFS

What's true for you

ACTIONS

What you do

HABITS

Unconscious
Behaviour

RESULTS

Your Life

**YOU CREATE
YOUR LIFE
24 HOURS
A DAY**

Being - Doing

Notes



Time Beliefs

Unconscious Sabotage

- 1
- 2
- 3
- 4



- 5
- 6
- 7
- 8

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