

Reset Your Life
2 goals per month

**25 DAY GROUP
RESET
PROGRAM
WORKBOOK**

S U C C E S S B Y D E S I G N T R A I N I N G

WELCOME TO THE PROGRAM

NOTHING IS MORE IMPORTANT THAN HOW YOU SPEND YOUR TIME

25 Day Group Reset Program

Over the next 25 days, you are going to learn how to **avoid distractions and remain focused** on **achieving the 2 goals that you set for yourself**.

Goal setting is simple, but not easy. It requires both **desire** (what you want to achieve) and **action** (how you will go about achieving what you want). Both of which are opposing energies.

The **energy of desire** requires that you connect with yourself, the part of you that knows what you'd do if you knew you couldn't fail, that your bills would be paid, that you knew how to do it and that you wouldn't look foolish as you try something new.

The **energy of action** requires that you connect with your courage, the part of you that knows you are powerful beyond measure, that you won't fail, because you won't give up on yourself, that your actions will monetise eventually, that you will find out how to do what you don't know on the journey and that other people opinions of you are none of your business.

Accountability plus Action = Results

There are no guarantees in life and this program is the same. What I can guarantee is that during our time together you will step back into your power.

The results you get will be a direct reflection of the daily action steps you take, people who have done this program before have evolved beyond their expectations and use the program as a springboard and a framework for their life going forward.

Progress not Perfect

During our time together we will talk again and again about the concept of progress, not perfection, that your results will be a combination of the things you do on a consistent basis.

Just as Rome was not built in a day, 6-pack abs were not achieved after one workout and a plate of food can not be eaten in one bite. You will learn through consistent daily action taking just how transformational living your life like it is a marathon journey to be enjoyed and not a sprint race to be completed as fast as possible.

Participation & Results

Whether you participate or not, what you show up for, what you do and how much effort you apply to the things is 100% down to you.

The program works if you work it, do what you can challenge your expectations of yourself, also know that if life gets in the way, if things come up they are a test to see how much you really want what you want and if you are prepared to do whatever it takes, or not. Whatever you do is perfect, it's not a competition...by participating in this program you have given yourself an opportunity to make your dream life your real life...so let's go!

YOUR TRAINER



Abigail Barnes

Who am I, 10 years ago I would have told you my name, my job title and where I lived because those 3 reference points are how most of us are taught to describe ourselves, some might also add their relationship status, number of children or pets.

On 25 February 2012, I found myself without any of those reference points to fall back on. I was a 32-year-old woman at death's door in a foreign country on a work business trip, in a hospital where I was an insurance number!

If this is our first time hanging out and you don't know my story you can read about it on the Success by Design Training website.

"When I thought I was going to die, I realised I had been wasting my time waiting to live."

As a result of this experience (spiritual awakening), I now have huge respect for time and see it for the gift it truly is. The Reset Program is an opportunity to regain control of your time and your life and create some certainty and structure in a world that has never been more chaotic or uncertain.

Today I am the founder of Success by Design Training, an award-winning entrepreneur, author, international speaker and corporate trainer on time management, high performing teams and productive wellbeing. I am a qualified coach and creator of the renowned 888 Formula.

Success by Design Training

Success by Design Training is on a mission to help 1 million individuals create better work/life balance by 2025. Working with ambitious professionals, visionary organisations & entrepreneurs 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 time motivation to create lasting change.

LIFE AUDIT

WHAT'S GOING ON IN YOUR LIFE RIGHT NOW?

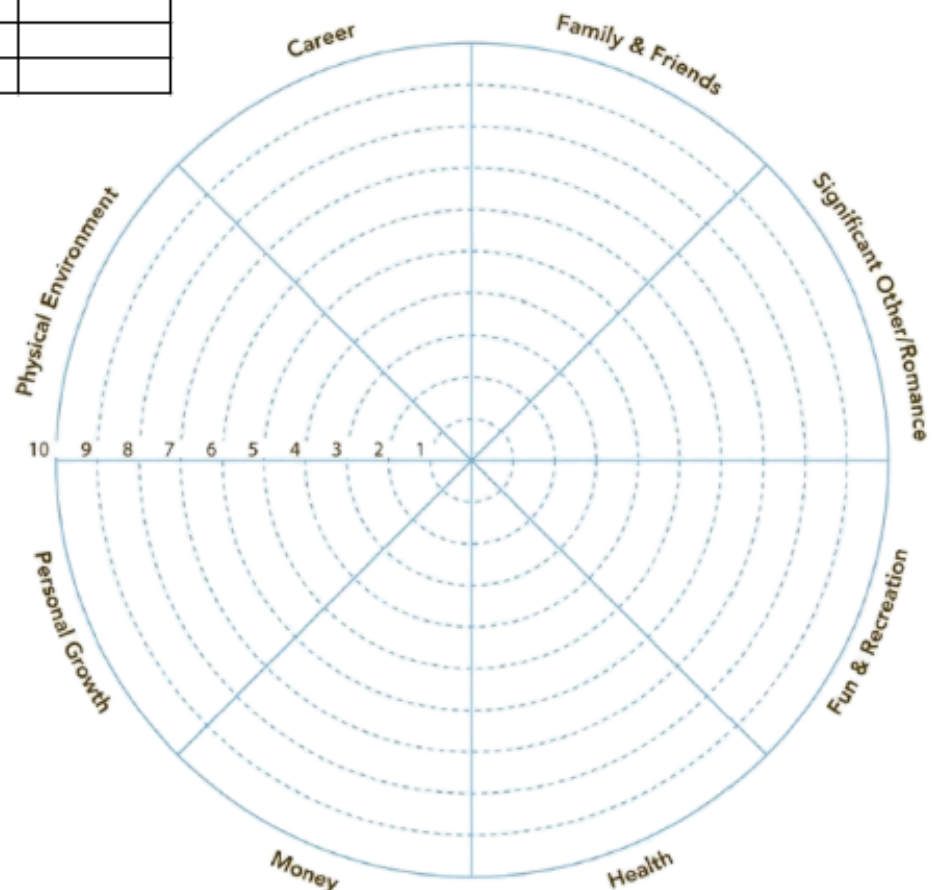
Use the chart below to record your feelings against 8 key areas in your life.

The first step to effective change is to review your current circumstances.

To do this you are going to score 8 key areas of your life out of 10, colour in the segments that represent how happy you are for each of the 8 areas of your life (it is to be expected that some areas will score higher than others).*

*For more details watch the **Life Audit Masterclass Training** (saved in the Members Area of the website).

Area	Score /10
Friends & Family	
Significant Other/Partner	
Fun & Recreation	
Health	
Money	
Personal Growth	
Physical Environment	
Career	



LIFE AUDIT

WHAT'S GOING ON IN YOUR LIFE RIGHT NOW?

Let's go a little deeper on 4 key areas of your life.

How would you rate your feelings about the below on a scale of 1-10? (one being deeply unhappy, and 10 being over the moon) Use the space to get more specific:

- Your work life? Score /10

- Your personal life? Score /10

- Your mental health? Score /10

- Your happiness? Score /10

25 DAY PLAN

MAKE THIS YOUR BEST MONTH EVER

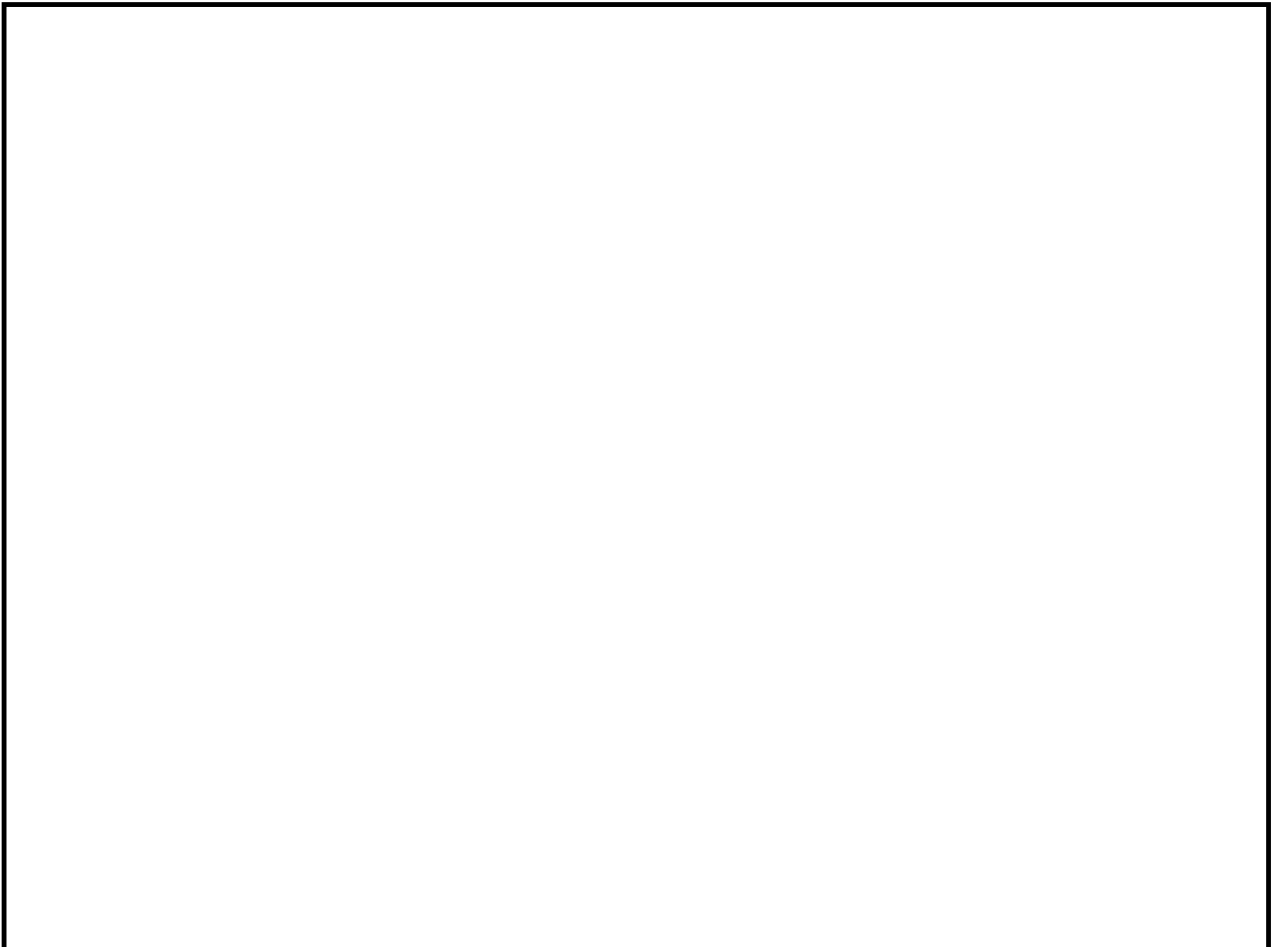
Identify 2 goals you will focus on over the next 25 days.

8 Questions to help...

- **Set an alarm for 4 minutes**, write down everything that comes to mind right now.

- **Next set a new alarm for 4 minutes**, use the questions below as prompts to narrow the options down to the 2 most important things you want to focus on (there are no wrong answers).

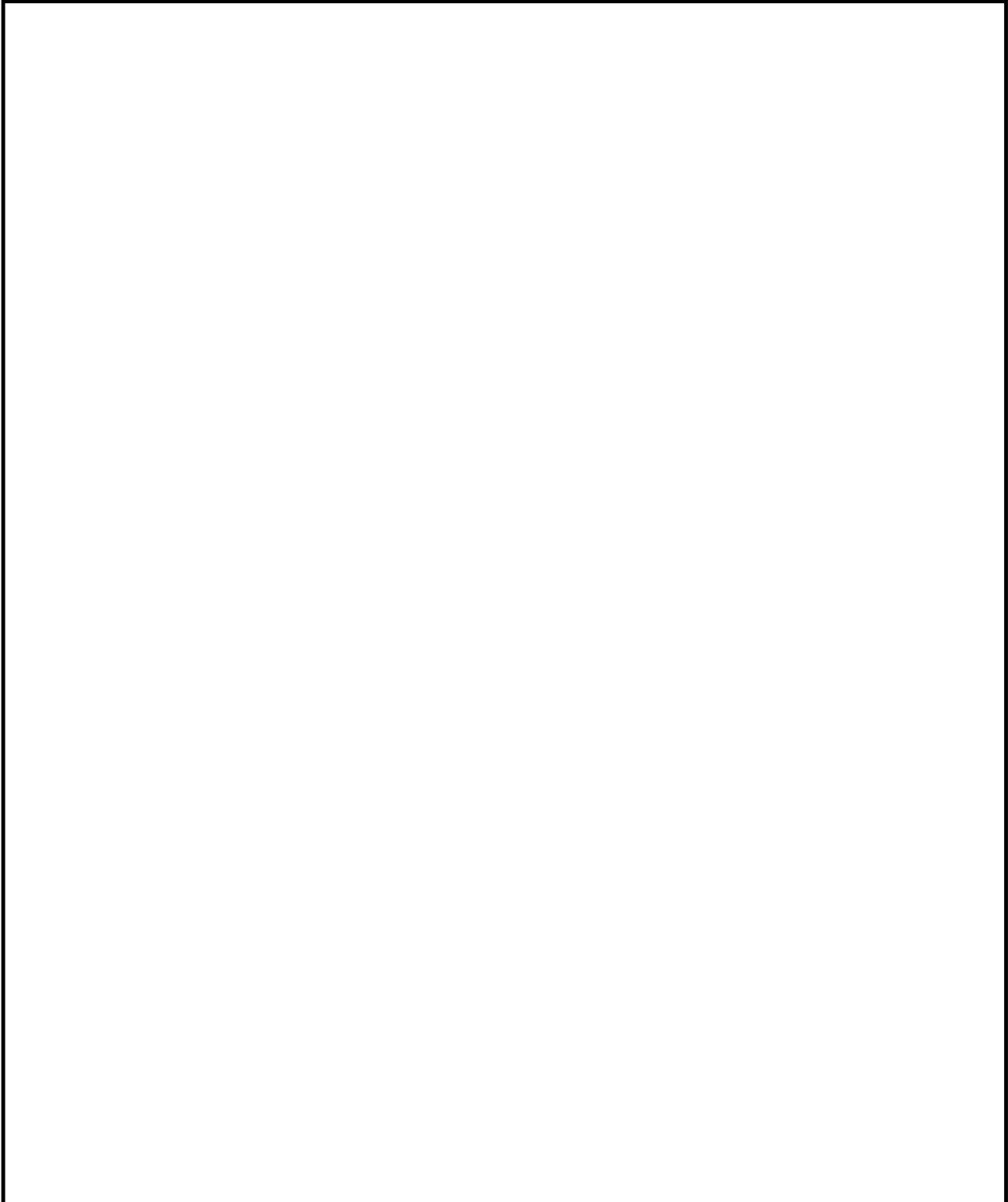
1. What is the future you **doing in 25 days time**?
2. What does **life look like in 25 days time**?
3. What does **life feel like in 25 days time**?
4. What does **life smell like in 25 days time**?
5. What does **life taste like in 25 days time**?
6. What are you prepared to **let go of** to get what you want?
7. What does having it **mean to you**?
8. Are you **committed** to **trying something new**?



25 DAY PLAN

MAKE THIS YOUR BEST MONTH EVER

Continued...

A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for the user to write or draw their 25-day plan.

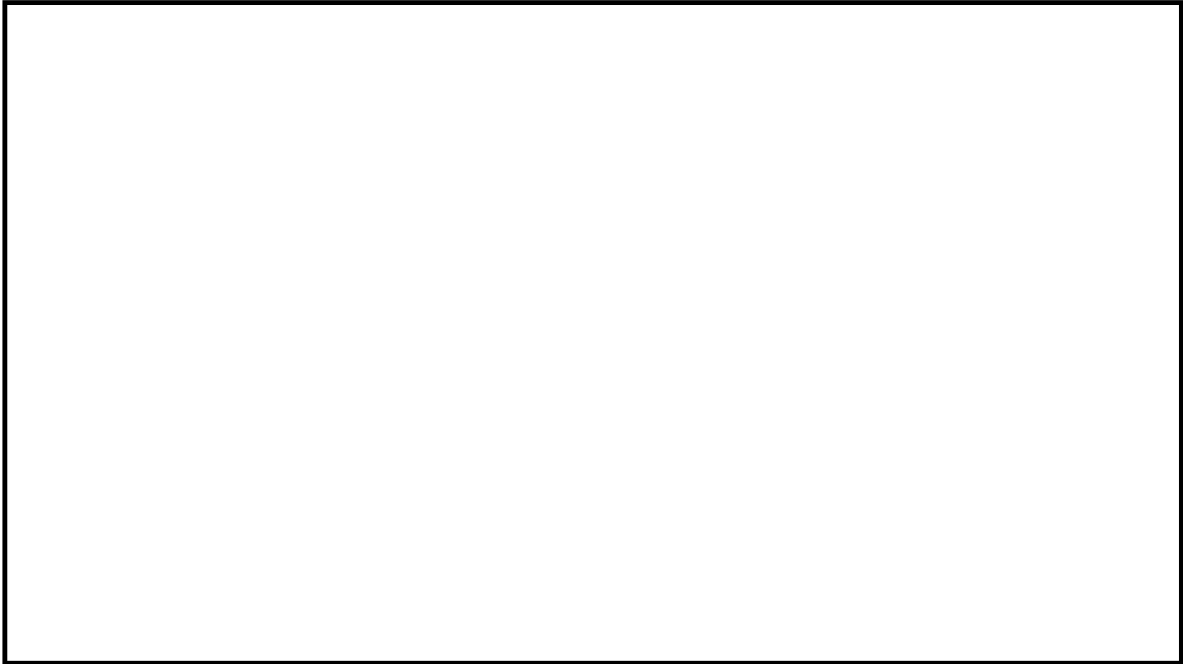
25 DAY PLAN

MAKE THIS YOUR BEST MONTH EVER

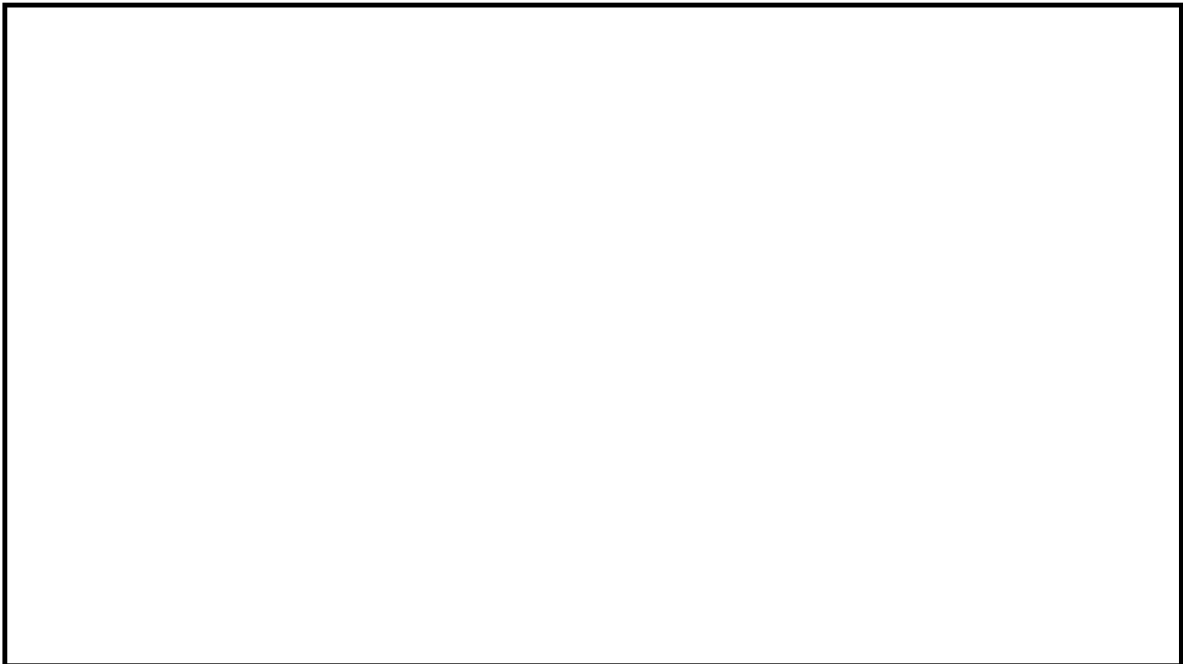
WHAT ARE YOUR 2 GOALS FOR THE NEXT 25 DAYS?

Use the space below to detail your goals including **WHY** and **WHAT** your motivation is for wanting to achieve them.

GOAL 1



GOAL 2



25 DAY PLAN

MAKE THIS YOUR BEST MONTH EVER

MAKING YOUR GOALS SMART

The SMART goal framework helps you set boundaries and identify the steps you need to take, the resources necessary to get there and milestones that indicate progress along the way. SMART goals will help you achieve them more efficiently (doing the right things) and effectively (doing them productively)*

*For more details about SMART goal setting ask us about the Goal Setting Masterclass Training.

SMART Goals are:

S = Specific

Be as clear and specific as possible with what you want to achieve. The more narrow your goal, the more you'll understand the steps you need to take.

M = Measurable

What evidence will prove you're making progress toward your goal? For example, if your goal is to write a book, you might measure your progress by the number of words you wrote, or the sections you completed. Setting milestones along the way will give you the opportunity to re-evaluate and adjust your plan as necessary. When you achieve your daily milestone, remember to reward yourself in a small but meaningful way.

A = Achievable

Have you set an achievable goal? Setting goals you can reasonably accomplish within a certain timeframe will help keep you motivated and focused. Using the above example of writing a book you should have some understanding of the stages involved in it. Before you begin working toward a goal, decide whether it's something you can achieve now or whether there are additional preliminary steps you should take to become better prepared, such as speaking to an expert.

R = Relevant

When setting goals for yourself, understand their relevance. Each goal should align with your long-term work/life plan. If a goal doesn't support your objectives you will need to rethink it. A good question to ask is how does this goal support my long-term plans?

T = Time-based

A deadline provides motivation and enables you to prioritise. It's often hard to know how long something will take, but without a plan of any kind, it will take as long as the time you have available. A deadline gives you something to work towards, and whether you hit it or not you will gain the information you can use with future goal setting.

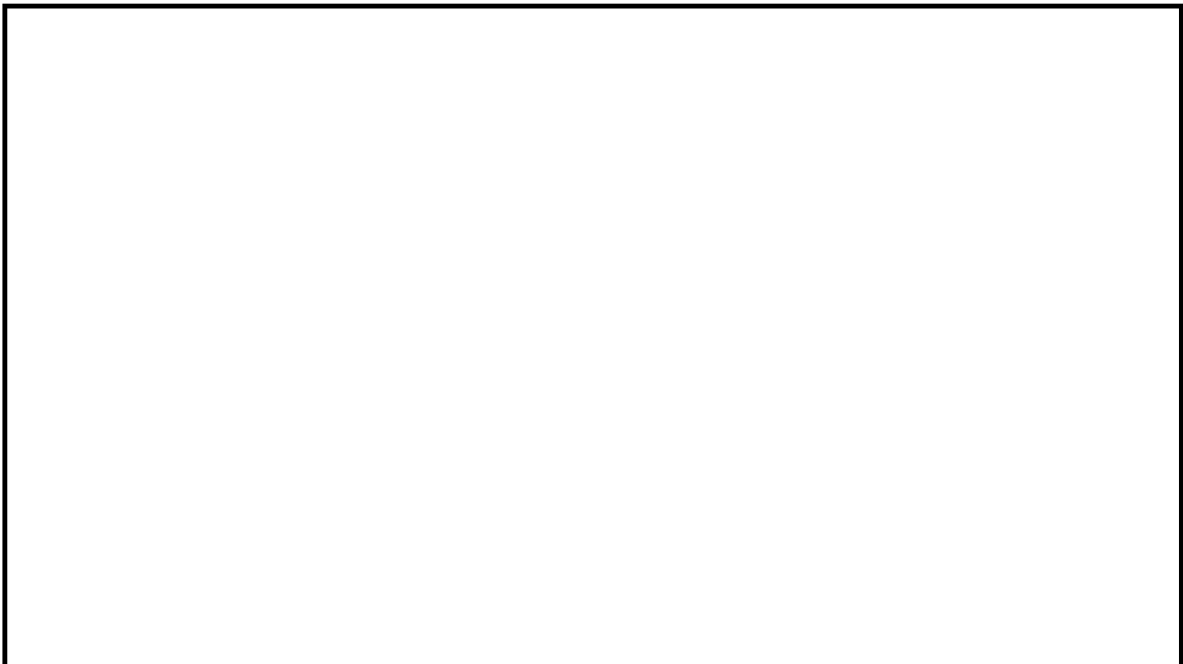
25 DAY PLAN

MAKE THIS YOUR BEST MONTH EVER

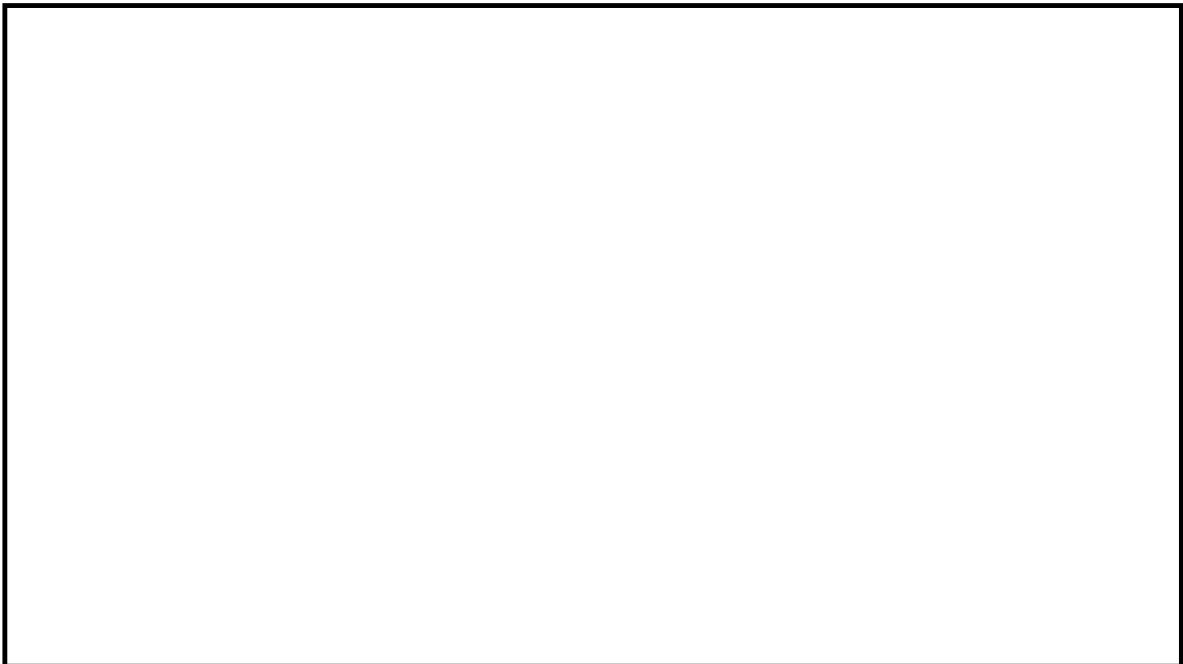
RE-WRITE YOUR GOALS SO THEY ARE SMART GOALS

- S = Specific
- M = Measurable
- A = Achievable
- R = Relevant
- T = Time-based

GOAL 1



GOAL 2



25 DAY PLAN

MAKE THIS YOUR BEST MONTH EVER

STEP 2: 8 STEPS TO SUCCESS - **GOAL 1**

In this next section we are going to break down your goal into the 8 Action Steps (or less) that you need to take to achieve it in the next 25 days..

STEP 1	
STEP 2	
STEP 3	
STEP 4	

25 DAY PLAN

MAKE THIS YOUR BEST MONTH EVER

8 Steps to achieve your goal. Continued...

STEP 5

STEP 6

STEP 7

STEP 8

25 DAY PLAN

MAKE THIS YOUR BEST MONTH EVER

STEP 2: 8 STEPS TO SUCCESS - **GOAL 2**

In this next section we are going to break down your goal into the 8 Action Steps (or less) that you need to take to achieve it in the next 25 days..

STEP 1	
STEP 2	
STEP 3	
STEP 4	

25 DAY PLAN

MAKE THIS YOUR BEST MONTH EVER

8 Steps to achieve your goal. Continued...

STEP 5

STEP 6

STEP 7

STEP 8

AGREEMENT

MAKE THIS YOUR BEST MONTH EVER

"We achieve what we commit to." Abigail Barnes

STEP 3: ACTION TIME

Now you have your 6-8 Step plan breaking down your 2 SMART goals it's time for action.

In the box below put a start date and sign your commitment

A plan without action is just a dream!

I commit to putting my plan into action.

Date I will start:

Signed:

DURING THE NEXT 25 DAYS TAG ME IN YOUR SOCIAL

MEDIA UPDATE POSTS & USE THE #25DAYRESET

You can find us on Instagram [@successbydesigntraining](#) on

Facebook [@successbdtraining](#) & on Twitter [@sbdtraining](#)

25 DAY RESET DIARY

MAKE THIS YOUR BEST MONTH EVER

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

Keep notes of what is happening, how you feel, and what resistance you are encountering
(use the back of the workbook to write on if you run out of space).

25 DAY RESET DIARY

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Congratulations

Now you've seen first hand the power of intention,
inspiration and accountability, it's time to,
set some new goals.

Next Steps...

Action & Accountability are the keys to change.

Find out more about our Training

Email us to discuss how we could support you: enquiries@successbydesigntraining.com