

Setting Boundaries

**Have more time for the life you
with Abigail Barnes**

Want

WORKBOOK

Successby Design
TRAINING

MASTERCLASS



WHAT'S OVERWHELMING YOU RIGHT NOW?



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WHO'S GOT YOUR TIME?

AUDIT YOUR TIME FOR 7 DAYS - PAGE 16

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30-6.30							
6.30-7.30							
7.30-8.30							
8.30-9.30							
9.30-10.30							
10.30-11.30							
11.30-12.30							
12.30-1.30							
1.30-2.30							
2.30-3.30							
3.30-4.30							
4.30-5.30							
5.30-6.30							
6.30-7.30							
7.30-8.30							
8.30-9.30							
9.30-10.30							
10.30-11.30							

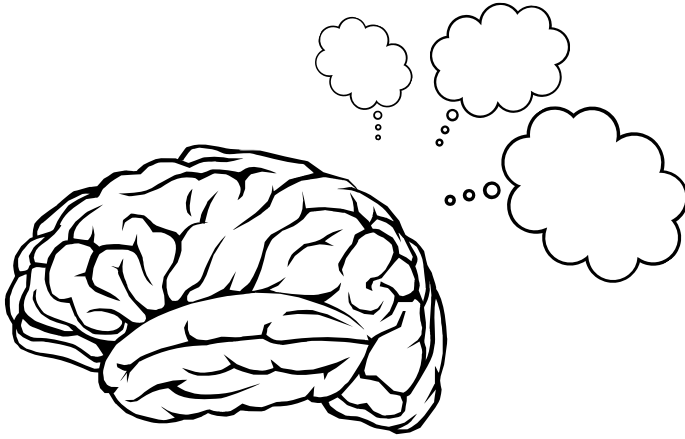


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WHAT ARE YOU AFRAID OF?





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IT'S YOUR TIME



GET IN TOUCH

Abigail Barnes

enquiries@successbydesigntraining.com

[@successbydesigntraining](https://www.instagram.com/successbydesigntraining)

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