



# **Imposter to Unstoppable**

## **WORKBOOK**

5 Day Challenge

**WITH ABIGAIL BARNES**



# WELCOME TO THE CHALLENGE

## 5-DAYS TO GO FROM IMPOSTER TO UNSTOPPABLE

### IMPOSTER TO UNSTOPPABLE

Whether your Imposter is in total control right of your life right now, or it likes to show up every once in a while to 'mess with your head' then this challenge is for you.

Over 5 Day's you'll learn the tips, tools & strategies you need to:

1. Take Control Back
2. Create your UNSTOPPABLE Action Plan
3. Become the person you came here to be!

**It's your Time!**

### PARTICIPATION & RESULTS

Whether you participate or not, what you show up for, what you do and how much effort you put in is 100% up to you.

This training works if you work it, do what you can challenge your expectations of yourself, become the observer of your Imposter Syndrome and know that life will get in the way, things will come up, you won't feel like you have time, the headspace or the energy to do anything we talk about.

They are tests, sent to see just how much you really want things to change.

Or whether when it comes down to it you're ok making do with where you're at.

It's not a competition, it's a question that only you can answer...Are prepared to do whatever it takes to become the unstoppable, confident human you know you can be, or not.

Whatever you do is perfect, by signing up for the challenge you've take the first step and given yourself an opportunity to make your dream life your real life...so let's go, it's your time to become unstoppable you!

# 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. This challenge is an opportunity to regain control of your Imposter Syndrome see it for the time and opportunity wasting liar it is and become unstoppable you!

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 working with Professionals & Entrepreneurs ready for next level productivity without compromising their wellbeing 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. Using it to reclaim an hour a day, working smarter not harder!

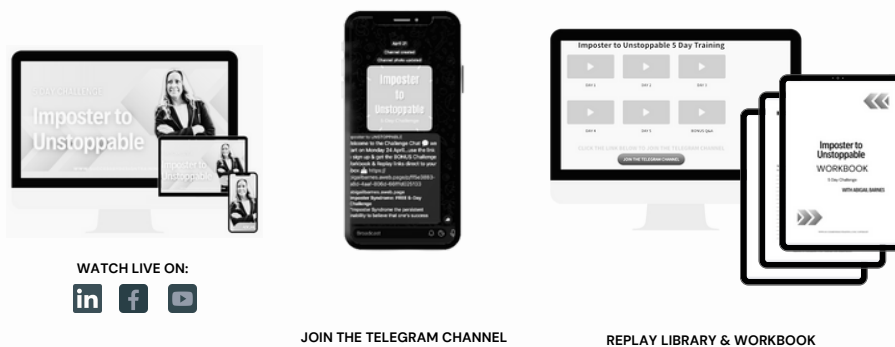
The 888 Formula is a cutting-edge, holistic approach to work/life balance. A practical framework that helps individuals audit their life and identify areas for development against 3 key metrics based on science and social norms. It's the foundation for unlocking time motivation and creating lasting change.

# WHAT WE WILL COVER DURING THE 5-DAY CHALLENGE

- 01 The mind blowing cost of Imposter Syndrome
- 02 Identifying your Imposter Blocks
- 03 Playing the Imposters Game
- 04 From Imposter to Unstoppable
- 05 Life after the Challenge: It's Your Time

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## IMPORTANT CHALLENGE INFO



# **DAY 1:** **The mind blowing cost of Imposter Syndrome**

IT'S YOUR TIME

*"Imposter Syndrome  
the persistent inability to believe that  
one's success is deserved  
or has been legitimately achieved  
as a result of one's own efforts or skills."*

Source: Oxford Languages

On a scale of 1 to 5 how strongly do you resonate with the following quote (1 being not really, 5 being OMG that's me)

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# JEALOUSY

## Using Your Emotions

What came up for you when we talked about this during today's session?

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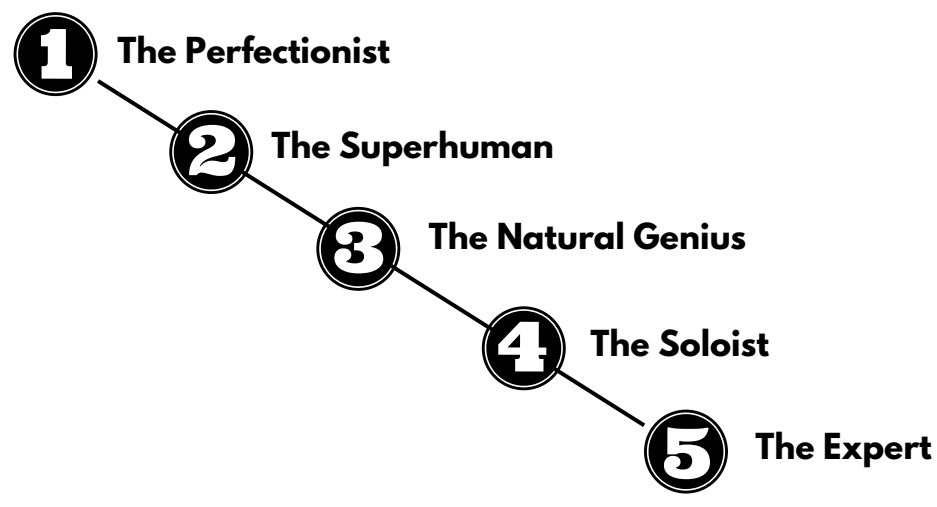
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# 5 Types of Imposter Syndrome



What came up for you when we talked about this during today's session?

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# IMPACT

## of your Imposter Syndrome

What came up for you when we talked about this during today's session?

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# **DAY 2:** **Identifying your** **Imposter Blocks**



# COST

## **of your Imposter Syndrome**

What came up for you when we talked about this during today's session?

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# **DAY 3: Playing the Imposters Game**







# VISUALISATION EXERCISE

Notes about your Visualisation

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# DRIVER

## **Imposter Passenger**

What came up for you when we talked about this during today's session?

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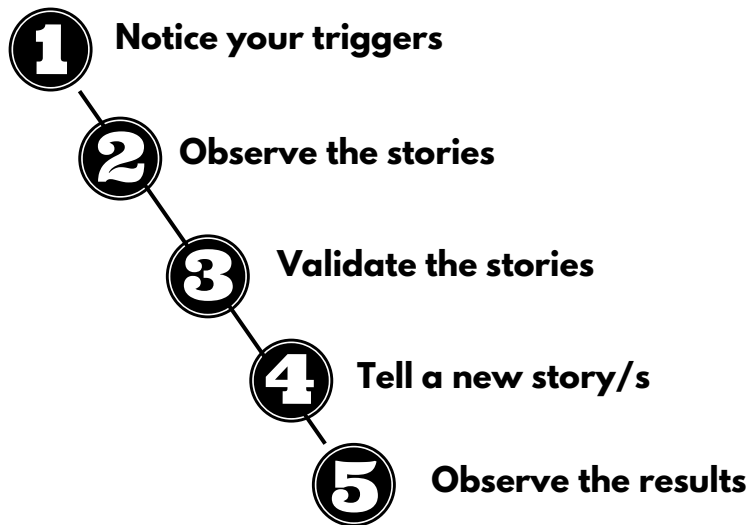
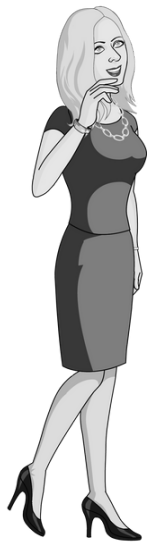
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# **DAY 4: From Imposter to Unstoppable**



# Handling your imposter



What came up for you when we talked about this during today's session?

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# BECOMING UNSTOPPABLE YOU!



Over time you'll believe  
the NEW thought.



**BEING**

**BECOMING**

What came up for you when we talked about this during  
today's session?

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# Home Work

- Who are you be becoming?
- Tell their story
- How do they handle life?
- What traits are they embodying?
- What else came up for me from today's session?

Notes

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# **DAY 5: Life after the Challenge: It's Your Time**



# Unstoppable Mantras

*I am allowed to do this.*

*It's safe to do this.*

*I know how to do this.*

*I know enough.*

*I am enough.*

*It's my time.*

*I am Unstoppable.*

# Unstoppable Action Plan

- What are 2 goals will you take away from this challenge & implement in your work/life today?
- Who am I committing to becoming?

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# IT'S YOUR TIME

**SUCCESS BY DESIGN  
TRAINING**

Abigail Barnes

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