# MORE TIME LESS HARD

## WORKBOOK

WWW.SUCCESSBYDESIGNTRAINING.COM | COPYRIGHT

# WELCOME TO THE PROGRAM

## MORE TIME LESS HARD

Over the next 4 Training Sessions I am going to give you EVERYTHING you need to know to have as much time as everyone else...because:

✅ They ARE doing different things
✅ They BELIEVE different things
✅ They EXPECT different things

⏰ I am going to share EXACTLY how you can have all of the above & more!!

⏰ IT'S YOUR TIME my friend & it's my life purpose to share this information with you!

During this training you are going to learn how to:

🔥 Find your missing Hour a Day
🔥 Master Your Time
🔥 Show Procrastination the Door

**It's your Time!**

## PARTICIPATION & RESULTS

As this a self study program, you set your schedule.

My recommendation is to give yourself time to watch each session (30-45 mins long) have this workbook to hand, take notes as you go pressing stop and start as you choose & then spend some time after the session answering the homework questions.

You will get out of this training what you put in, have the self awareness to schedule your learning time around your own commitments.

# 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.

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 IN THIS PROGRAM

01 Time: The Lie of Never Enough

02 Time: What's Possible for You

03 Time: Let Your Progress be your Proof

04 It's Your Time

# Session 1: Time: The Lie of Never Enough

IT'S YOUR TIME

*"When you change the way you look at your time, the time you have will change."*

Abigail Barnes

What are your beliefs about time, do you find yourself say things like there's never enough time?

# PERSPECTIVE

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

# Home Work

- What would you **do** with more time?
- What's stopping you **having** enough time?

Notes

# Notes Continued

# Session 2: Time: What's Possible for you

# POSSIBLE

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

# Home Work

- Knowing what's possible **how** will you use your time?
- What could **stop** you maxing out your time?

Notes

## Notes Continued

# Session 3: Time: Let your Progress be your Proof

# PROGRESS

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

# Home Work

- What time **realisations** have you had so far?
- What are you **no longer** prepared to stop for?

Notes

## Notes Continued

# Session 4:
# It's Your Time

# IT'S YOUR TIME

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

# Home Work

- What are your **new** beliefs about time
- What are you going to **do** with your extra time?

Notes

## Notes Continued

# IT'S YOUR TIME

SUCCESS BY DESIGN TRAINING

Abigail Barnes
enquiries@successbydesigntraining.com

@successbydesigntraining

WWW.SUCCESSBYDESIGNTRAINING.COM | COPYRIGHT