

MAGIC TIME

10 DAY PRODUCTIVITY EXPERIMENT

DAY 1: MASTERCLASS TRAINING

What were your top takeaways from the Masterclass Training?

DAY 2: WHAT ARE YOUR GOALS?

Goal 1

Goal 2

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DAY 3: WHO ARE YOU BECOMING?

What came up for you when you did the visualisation exercise?

DAY 4: PRAISE YOUR PROGRESS

What you appreciate appreciated - practice gratitude today

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DAY 5: EXCITED WITHOUT RESULTS

Can you believe in yourself & your progress without proof?

DAY 6: GRATITUDE FOR EVERYTHING

What are you grateful for today?

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DAY 7: MIND YOUR OWN BUSINESS

Today can you start to notice when your attention and energy gets hijacked by the noise of the world, by the people in your life, by the news, by the person you passed on the street.

By the thoughts you are thinking that don't matter, if you've listened to episode 24 of The Time Management Podcast & taken the free Human Design Test then you'll know for sure if you have an open head centre and if this is something you are more prone to than others (70% of people have an open head centre).

DAY 8: SPEAKING AS IF

Words have energy, and like energy attracts like energy!

Try these sentences out today and see how true they start to feel.

- ✨ I am productive
- ✨ I have enough time
- ✨ My goals are manifesting

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DAY 9: ACTING AS IF

On day 5 we spoke about being excited without results, on day 8 we talked about speaking as if and today the conversation is about acting as if.

Another element of embodiment (being the person who uses their time confidently and invests it wisely).

Beliefs have energy, and like energy attracts like energy!

Here's some questions for you to think about/journal on in your workbook today:

- ✦ How would productive you act?
- ✦ What would be manifesting in your life?
- ✦ What would the version of you who has time be doing with it?

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DAY 10: CELEBRATE YOURSELF

Congratulations we've spent 10 days together reimagining time. Life will never be the same again.

Over the last 10 days you've been become the version of yourself who can manifest productivity, step-by-step, day-by-day.

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

Today, look back at your workbook, the vision you had, the goals you set, the steps you took and ask yourself:

- ✦ Looking at my progress what can I praise?
- ✦ Who is the version of me that I am becoming?
- ✦ What do I love about them the most?
- ✦ What commitment am I making to myself today?
- ✦ Knowing what I know now what will I do more of from now on?
