

*Reimagining Time*

**MAGIC**

**TIME**

WORKBOOK

# WELCOME TO MAGIC TIME

Where Time Stops Working Against You - And Starts Working For You.

Over the next 10 days we're going to have a conversation that shifts everything you thought you knew about time.

There are **two sides** to this story, and now it's time to hear both.

This program is where science meets spirituality.

It's not just about the *strategy*—it's about **seeing time** for what it truly is.

And learning to use it in a way that doesn't just improve your productivity, but **transforms your life and your results**.

Together we will reimagine time and see what happens.

It's time to **create**, not chase.

To **align**, not grind.



## 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 **unlock** your next level.

The results you get will be a direct reflection of the action steps you take daily.

People who have done work like this with me before have evolved beyond their expectations and used the training as a springboard for their career/life.

## Progress not Perfect

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

Just as Rome wasn't built in a day, 6-pack abs we're not achieved after one workout and a plate of food can not be eaten in one bite.

Through consistent daily action taking you will learn just how **transformational** living your life like it's a marathon to be enjoyed and not a sprint to be endured and finished as quickly as possible can be.

## Participation & Results

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

The program works if you work it, do what you can, challenge your expectations of yourself, and know that life will get in the way.

If things come up they are a test to see how much you really want what you want and whether 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 the opportunity to make your dream life your real life.

Let's get started!

# YOUR TRAINER



Abigail Barnes is a 32 Year old Stroke survivor whose life-changing near death experience in February 2012 was her catalyst for change and is the inspiration behind her work today.

Realising she had no time to waste after that experience Abigail transitioned from her stable corporate job and started Success by Design Training.

She is an award-winning entrepreneur, author, speaker, and corporate trainer on Time Management and Productive Wellbeing.

She is a qualified coach working with ambitious professionals, senior leaders, coaches, trainers and entrepreneurs who want to improve their productivity and create certainty in an increasingly chaotic and unpredictable world.

Abigail is the Creator of The renowned 888 Formula and host of The Time Management Podcast.

Her work is rooted in a deep respect for time, shaped by the spiritual awakening she had during her near-death experience.

She is driven to share the perspective of time she was shown that day to empower and help others live a life of purpose and passion.

Abigail has over 10 years' experience in Financial Services Marketing (Investment Management, Asset Management and Hedge Funds). She holds a BA Hons Degree in Business & Marketing Management, a Professional Postgraduate Diploma in Marketing, DipM ACIM, a certificate in Neuroscience Professional Development, and is a qualified coach

## 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 The 888 Formula\* as a framework for transformation.

Success by Design Training works with ambitious professionals, visionary organisations & entrepreneurs that want to create meaningful change and improve productivity without compromising 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.

# DOING YOUR TIME AUDIT

WHAT'S GOING ON IN YOUR LIFE RIGHT NOW?

Use the table below to keep track of your time for the next 7 days, in 30 minute increments

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

Either write what you did during the times, or create a simple colour coding system for your activities, grouping them under headings like sleep, work, social media, hobbies, family time, relationship time, self care. Giving each activity a different colour.

Equally you might want to do a combination of both, whatever you do keep it simple and fun You can download an excel version on our website.

You'll find an Excel copy of of this document saved in the program training area.

(Track a 7-day week following the instructions on pages 16-18 of Time Management for Entrepreneurs & Professionals).

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# ACCEPT YOUR TIME AUDIT

WHAT HAVE YOU REALISED FROM YOUR TIME AUDIT?

## Realisations about your current life

Your life experience is the direct result of where you're currently spending your time and resources, changes happens the moment we accept where we are.

Q. How happy are you with what things look like/feel like right now?

Use the space below to journal your thoughts out:

### Things I am happy with:

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### Things I want to invest more time & resources into:

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### Things that came up, that I'm going to look into further:

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# DARE TO DREAM

MAKE YOUR DREAM LIFE YOUR REAL LIFE

What do you want?

Identify 2 goals you want to achieve in the next 10 days.

8 Questions to help...

- Set an alarm for 4 minutes, write down everything that comes to mind right now in the box below.

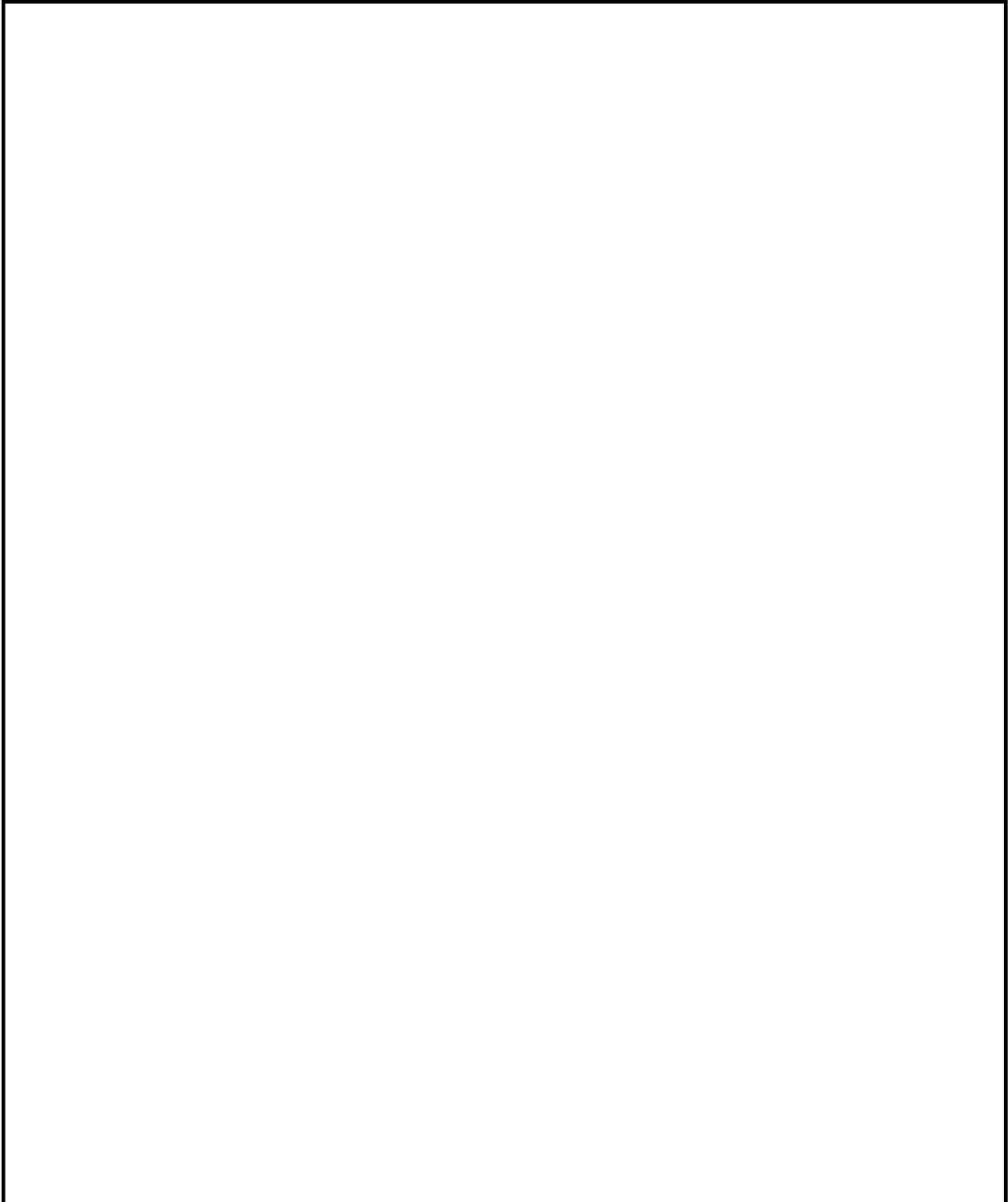
- Next set a new alarm for 4 minutes, use the questions below as prompts to narrow the options down to the 2 most important things you want to focus on (there are no wrong answers).

1. What is the future version of you **doing** in 10 days time?
2. What does life **look like** in 10 days time?
3. What does life **feel like** in 10 days time?
4. What does life **smell like** in 10 days time?
5. What does life **taste like** in 10 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**?

# DARE TO DREAM

MAKE YOUR DREAM LIFE YOUR REAL LIFE

Continued...





# STRATEGY

WHAT GOALS WILL YOU FOCUS ON DURING THIS PROGRAM?

## IT'S MAGIC TIME

During our time together you'll have the opportunity to focus on 2 goals you want to achieve every 10 days.

Some goals may take you more than 10 days and others may be completed faster than you realise.

This program is designed to teach you theoretically (with new tips, tools and strategies as well as experientially via the actions you take on a daily basis and the feedback you get.

Over time the longer we spend together the easier it will become to choose your goals and break them down into achievable steps.

Remember our mantra **Progress not Perfect** - this program works if you work it.

This program works if you commit to:

- Taking daily steps
- Tracking your progress
- Evaluating your results
- Taking more action

Can you allow yourself the grace to evolve?

**Self Awareness is your key to change:** It is a skill that is learned by doing and is evolved over time.

The more actions you take (in spite of fear) the more results you will get and the easier it will become to know yourself, to trust yourself and to take more new actions based on trusting your intuition.

Logically self awareness is obvious, in reality it is a game of self acceptance, self love and self compassion.

Which takes time and requires you to tune into your feelings, to learn how to trust them and to use them as your navigation system throughout your life.

Which again all sounds great on paper I know, but if you're new to feeling your feelings it can be a roller coaster, but the alternative is to live by someone else's rules and follow their navigation system instead of your own!

# STRATEGY

WHAT 2 GOALS WILL YOU FOCUS ON OVER THE NEXT 10 DAYS?

## DEFINE YOUR 2 GOALS

Use the space below to free write about your two goals including WHY and WHAT your motivation is for wanting to achieve them.

GOAL 1	
GOAL 2	

Continued...

# STRATEGY

IT'S YOUR TIME FOR SUCCESS BY YOUR DESIGN

## STEP 2: 10 DAYS TO SUCCESS - GOAL 1

In this next section break down your goal into 10 steps that you'll take over the next 10 days. Be as detailed as you can, knowing it can be updated as you go.

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	

# STRATEGY

IT'S YOUR TIME FOR SUCCESS BY YOUR DESIGN

## STEP 2: 10 DAYS TO SUCCESS - GOAL 1

In this next section break down your goal into 10 steps that you'll take over the next 10 days. Be as detailed as you can, knowing it can be updated as you go.

DAY 6	
DAY 7	
DAY 8	
DAY 9	
DAY 10	

# STRATEGY

IT'S YOUR TIME FOR SUCCESS BY YOUR DESIGN

## STEP 2: 10 DAYS TO SUCCESS - GOAL 2

In this next section break down your goal into 10 steps that you'll take over the next 10 days. Be as detailed as you can, knowing it can be updated as you go.

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	

# STRATEGY

IT'S YOUR TIME FOR SUCCESS BY YOUR DESIGN

## STEP 2: 10 DAYS TO SUCCESS - GOAL 2

In this next section break down your goal into 10 steps that you'll take over the next 10 days. Be as detailed as you can, knowing it can be updated as you go.

DAY 6	
DAY 7	
DAY 8	
DAY 9	
DAY 10	

# EXECUTE

IT'S YOUR TIME FOR SUCCESS BY YOUR DESIGN

*"We achieve what we commit to." Abigail Barnes*

## MAKE AN AGREEMENT WITH YOURSELF

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

A plan without action is just a dream!

<p>I commit to putting my plan into action.</p> <p>Date I will start:</p> <p>Signed:</p>
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DURING THE NEXT 10 DAYS TAG ME IN YOUR SOCIAL  
MEDIA UPDATE POSTS & USE THE #MAGICTIME24

You can find us on Instagram @successbydesigntraining  
& Facebook @successbdtraining



## TRACK YOUR PROGRESS

USE THE SEPARATE PROGRESS TRACKER TO KEEP ACCOUNTABLE  
(keep it close to hand, on your desk, on your fridge, on your mirror  
and tick off every day that you take steps towards your goals)















# 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](mailto:enquiries@successbydesigntraining.com)