

**PRE WORK  
MASTERCLASS  
WORKBOOK**

# RESET

*your* Success Story

# 2025

# WELCOME TO THE PROGRAM

IT'S YOUR TIME TO STEP INTO YOUR SUCCESS

It's time to press **RESET** & make the life of your **dreams** the life your **reality**!

Throughout our time together, you'll discover how to:

- **Transform Dreams into Reality:** Implement daily steps that bring your vision to life.
- **Cultivate Unwavering Motivation:** Develop consistency and resilience, building your success mindset.

You'll focus on **2 goals** you want to achieve each month (personal, professional or a combination of both). Using the Training and Workbooks to break them down into manageable chunks so that you can take small daily steps and make them happen and use the Progress Tracker to monitor your results.

**Imagine this:** You're living in the home you've always dreamed of, your bank account is flourishing, you're engaged in work that lights you up, and your relationships are filled with joy. Opportunities are now seeking you out, and you finally understand what true happiness feels like.

You've become the person who effortlessly handles challenges that once seemed insurmountable. You've elevated your life, and those old problems? They're now mere bumps in the road.

**Your Success is Inevitable.**

**The Life of Your Dreams is Inevitable.**

**The Happiness You've Been Seeking is Inevitable.**

But let's be real: waiting around for things to change isn't going to cut it. It's time to take control and accelerate your journey to success, so let's dive in!

## 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.

You will learn through consistent daily action just how **transformational** living your life like it is a marathon to be enjoyed and not a sprint to be endured and finished as soon as possible.

## Participation & Results

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

**The program works if you work it**, do what you can, challenge your expectations of yourself, and know that if 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...so **let's go!**

# YOUR TRAINER



## **Abigail Barnes | Speaker, Trainer, Coach**

Abigail Barnes is the founder of Success by Design Training (est. 2013), an award-winning entrepreneur, author, speaker, and corporate trainer. She's the creator of the renowned 888 Formula and host of The Time Management Podcast, helping professionals take control of their time and productivity.

With a background in Financial Services Marketing (Investment & Asset Management, Hedge Funds) and over a decade of industry experience, Abigail knows what it takes to perform at the highest level. But everything changed when a near-death experience at 32 forced her to rethink her priorities. That wake-up call became the driving force behind her mission: helping ambitious professionals reclaim their time, energy, and success so they could live the life they dream of.

Armed with a BA in Business & Marketing, a Postgraduate Diploma in Marketing, and certifications in coaching and neuroscience, Abigail combines real-world expertise with science-backed strategies to transform the way you think and work.

## **Abigail's Life Purpose**

Abigail's near death experience on 25 Feb 2012 (a stroke in Boston, America on a work business trip age 32) became her catalyst for change, instantly putting everything into perspective.

Her mission is to help others make the most of the time and opportunities they have so they can live a life without regrets!

## **Success by Design Training**

Success by Design Training is on a mission to help 1 million individuals create better work/life balance by 2025. Working with ambitious professionals, visionary organisations & entrepreneurs that want to increase productivity and maximise their resources without compromising their wellbeing, something we call Protecting the Asset.

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.

# DARE TO DREAM

MAKE YOUR DREAM LIFE YOUR REAL LIFE

## What do you want?

This Visualisation Exercise will help you to, identify 2 goals you want to achieve in the next 25 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 you **doing** in 25 days time?
2. What does life **look like** in 25 days time?
3. What does life **feel like** in 25 days time?
4. What does life **smell like** in 25 days time?
5. What does life **taste like** in 25 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...



# DOING A LIFE REVIEW

WHAT'S GOING ON IN YOUR LIFE RIGHT NOW?

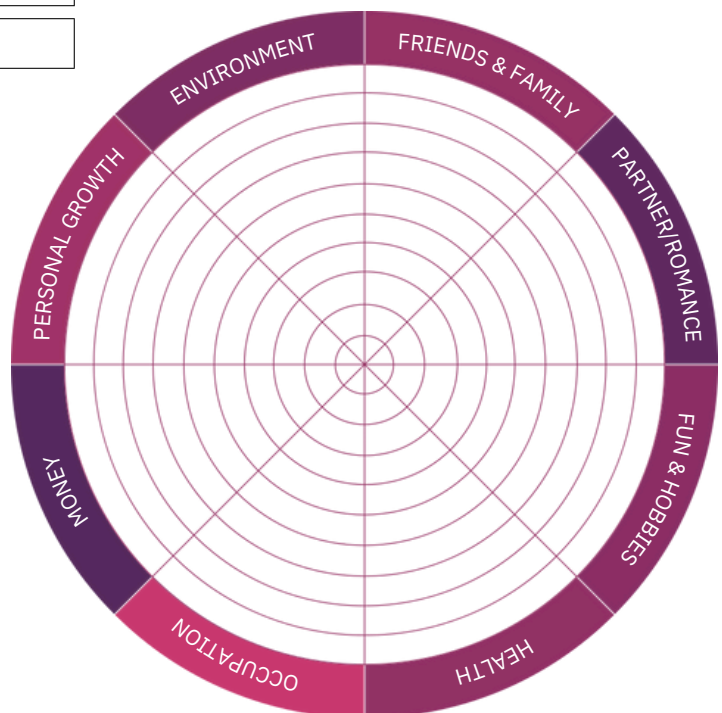
**Use the chart below to record your feelings against 8 key areas in your life.**

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

To do this you are going to score 8 key areas of your life out of 10, colour in the segments that represent how happy you are with each of the 8 areas of your life (it is to be expected that some areas will score higher than others).\*

\*For more details watch the **Life Audit Masterclass Training** (saved in the Members Area of the website).

AREA	SCORE /10
FRIENDS & FAMILY	
PARTNER/ROMANCE	
FUN & HOBBIES	
HEALTH	
OCCUPATION	
MONEY	
PERSONAL GROWTH	
ENVIRONMENT	



# AUDITING YOUR LIFE REVIEW

WHAT'S GOING ON IN YOUR LIFE RIGHT NOW?

**Let's go a little deeper on 4 key areas of your life.**

**How would you rate your feelings about the below on a scale of 1-10?** (one being deeply unhappy, and 10 being exceedingly happy)

Use the space to get more specific:

**- Your work life? Score /10**

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**- Your personal life? Score /10**

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**- Your mental health? Score /10**

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**- Your happiness? Score /10**

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# EVALUATE YOUR LIFE REVIEW

WHAT HAVE YOU REALISED FROM YOUR LIFE REVIEW?

## **Realisations about your current life**

Your life experience is the direct result of where you're currently investing your time and resources.

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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# STRATEGY

WHAT GOALS WILL YOU FOCUS ON DURING THIS PROGRAM?

## RESET YOUR SUCCESS STORY - IT'S YOUR TIME

During our time together you'll have the opportunity to focus on **2 goals** you want to achieve in the next 25 days.

Some goals may take you more than 25 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 - to step into your SUCCESS**

**Self Awareness will be your key to change:** It is a skill that is learned by doing and is evolved over time. The more actions you take, 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, not motivated by your fears!

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 **emotions**, 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 all things feelings it can be a roller coaster, but the alternative is to live by someone else's rules and follow their navigation system!

# STRATEGY

WHAT 2 GOALS WILL YOU FOCUS ON OVER THE NEXT 25 DAYS?

## DEFINE YOUR 2 GOALS

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

GOAL 1

GOAL 2

Continued...

# STRATEGY

## CREATING YOUR 25 DAY PLAN

### MAKING YOUR GOALS SMART

The SMART goal framework helps you set boundaries and identify the steps you need to take, the resources necessary to get there and milestones that indicate progress along the way. SMART goals will help you achieve them more efficiently (doing the right things) and effectively (doing them productively)

#### **SMART Goals are:**

S = Specific

Be as clear and specific as possible with what you want to achieve. The more narrow your goal, the more you'll understand the steps you need to take.

M = Measurable

What evidence will prove you're making progress toward your goal? For example, if your goal is to write a book, you might measure your progress by the number of words you wrote, or the sections you completed. Setting milestones along the way will give you the opportunity to re-evaluate and adjust your plan as necessary. When you achieve your daily milestone, remember to reward yourself in a small but meaningful way.

A = Achievable

Have you set an achievable goal? Setting goals you can reasonably accomplish within a certain timeframe will help keep you motivated and focused. Using the above example of writing a book you should have some understanding of the stages involved in it. Before you begin working toward a goal, decide whether it's something you can achieve now or whether there are additional preliminary steps you should take to become better prepared, such as speaking to an expert.

R = Relevant

When setting goals for yourself, understand their relevance. Each goal should align with your long-term work/life plan. If a goal doesn't support your objectives you will need to rethink it. A good question to ask is how does this goal support my long-term plans?

T = Time-based

A deadline provides motivation and enables you to prioritise. It's often hard to know how long something will take, but without a plan of any kind, it will take as long as the time you have available. A deadline gives you something to work towards, and whether you hit it or not you will gain the information you can use with future goal setting.

# STRATEGY

SUMMARISE YOUR GOALS INTO BULLETS

**RE-WRITE YOUR GOALS SO THEY ARE SMART GOALS or USE THE GOAL SETTING THEORY FRAMEWORK**

S = Specific  
M = Measurable  
A = Achievable  
R = Relevant  
T = Time-based

- Clarity
- Challenge
- Commitment
- Feedback
- Complexity

GOAL 1

GOAL 2

# STRATEGY

IT'S YOUR TIME FOR SUCCESS BY YOUR DESIGN

## STEP 2: 8 STEPS TO SUCCESS - **GOAL 1**

In this next section break down your goal into the 8 Action Steps (or less) that you need to take to achieve it in the next 25 days.

STEP 1	
STEP 2	
STEP 3	
STEP 4	

# STRATEGY

IT'S YOUR TIME FOR SUCCESS BY YOUR DESIGN

8 Steps to achieve your goal. Continued...

STEP 5	
STEP 6	
STEP 7	
STEP 8	

# STRATEGY

IT'S YOUR TIME FOR SUCCESS BY YOUR DESIGN

## STEP 2: 8 STEPS TO SUCCESS - **GOAL 2**

In this next section break down your goal into the 8 Action Steps (or less) that you need to take to achieve it in the next 25 days.

STEP 1	
STEP 2	
STEP 3	
STEP 4	

# STRATEGY

IT'S YOUR TIME FOR SUCCESS BY YOUR DESIGN

8 Steps to achieve your goal. Continued...

STEP 5	
STEP 6	
STEP 7	
STEP 8	



# EXECUTE

IT'S TIME TO RESET YOUR SUCCESS STORY

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

## MAKE AN AGREEMENT WITH YOURSELF

Now you have your 6-8 Step plan breaking down your 2 SMART goals it's time for action. In the box below put a start date and sign your commitment.

**A plan without action is just a dream!**

I commit to putting my plan into action.

Date I will start:

Signed:

**DURING THE NEXT 25 DAYS TAG ME IN YOUR SOCIAL MEDIA  
UPDATE POSTS & USE THE #RESETSUCCESS**

You can find us on Instagram @**successbydesigntraining** on  
Facebook @**successbdtraining** & on X (Twitter) @**sbdtraining**



## TRACK YOUR PROGRESS

USE THE SEPARATE PROGRESS TRACKER TO RECORD YOUR DAILY ACTIONS.  
(keep it close to hand, on your desk, on your fridge, on your mirror and tick off every day that you take an action step towards your goals)

# Congratulations

Now you've invested your time and energy into visualising and learning how to turn your dream life into reality, and you have 2 goals you want to focus on.

**This is where the magic happens.**

We're ditching the "someday" mindset and replacing it with a real-time success strategy.

**It's time for your 25 Day Sprint.**

**Let's go!**

**Download your 25 Day Sprint Journal & Progress Tracker**

If you want to upgrade to 1:1 Session with Abigail, join the next 25 Day Sprint group, or have questions about other trainings we offer email: [enquiries@successbydesigntraining.com](mailto:enquiries@successbydesigntraining.com)