

**25 DAY SPRINT
JOURNAL**

RESET

your Success Story

2025

WELCOME TO THE JOURNAL

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.

EXECUTE

IT'S YOUR TIME FOR SUCCESS BY YOUR DESIGN

"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)

DAY 1: SET UP CALL NOTES

IT'S YOUR TIME - TO LIVE YOUR DREAM LIFE!

THIS IS YOUR Moment

What did you take away from the Day 1 Set up Call, what are you recommitting to, make your notes below ↓↓↓

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

YOUR SUCCESS DIARY

IT'S YOUR TIME - TO LIVE YOUR DREAM LIFE!

"If you don't track it, you can't review it" Abigail Barnes

Keep notes of what is happening, how you feel, and what resistance you are encountering (use the back of the workbook to write on if you run out of space).

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DAY 12.5: MID MONTH CALL NOTES

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THIS IS YOUR *Moment*

What did you take away from the Day 12.5 Mid Month Call, what are you recommitting to, make your notes below ↓↓↓

[illegible]

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DAY 25: GRADUATION CALL NOTES

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Moment

What did you take away from the Day 25 Graduation Call, what are you celebrating, what are you taking with you from today make your notes below ↓↓↓

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Congratulations

Now you're a 25 day sprint alum.

Success isn't something that happens *to* you—it's something you create.

And now you know the **formula for Success**

GOALS + ACTION = RESULTS

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