CHALLENGE
WORKBOOK

IT'S MIRACLE TIME!

WELCOME TO THE CHALLENGE

Whether you want to manifest more **time, money, love, security, freedom** or all of the above then this challenge is for you.

Let's spend the next **5 days** together in the vibration of ***it's already done***, the **miracle** you want, wants you to **claim** it!

What you want is **waiting** for you to choose it.

To believe it's **possible**, without proof and take action like it's already **done**.

If you want to jump **timelines** this is how you do it...

Manifesting, **Miracles**, Motivation it's all simple.

But it's not easy because you **overthink** it.

You tell yourself stories about **rich** people, the economy and the politics.

Instead of focusing on what you can **control** - what you CHOOSE to **believe**.

Over the next 5 days we are going to take about:

Day 1 Goals & Gratitude
Day 2 Limits & Possibility
Day 3 Agreements & Embodiment
Day 4 Decisions & Plans
Day 5 Actions & Consistency

By the end of the challenge you'll have a **clear** understanding of what you **want**, as well as what's currently **stopping** you from manifesting your **miracle.**

You'll make a commitment with yourself that it's **time** for your next chapter and you'll **start** embodying the vibration of **becoming**.

The **version** of you who already has their **miracle** is excited for you to join them!

You'll create a 30 day **action** plan and embrace the **mindset** you need to walk down a **new** street.

You'll discover the power of **gratitude** and the vibration of **possibility**.

Approaching this challenge with a **growth mindset**, hearing old things in new ways and accessing the beginners **luck** energy.

*** Do the challenge over 5 days or fit it in and around your commitments, neither approach is better or worse - it is what it is...**progress** always beats perfect.*

It's Miracle Time
xoxo

YOUR TRAINER

ABIGAIL BARNES | COACH, TRAINER, SPEAKER, AUTHOR

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, working with ambitious Professionals and Entrepreneurs to prioritise their time and design the Work/Life blend they want.

With a background in Financial Services Marketing (Investment & Asset Management, Hedge Funds and Banking) and over a decade of industry experience, Abigail knows what it takes to perform at the highest level.

In 2012 her career and life were changed overnight, when a near-death experience forced her to rethink her priorities. That wake-up call became the driving force behind the work she does with ambitious Professionals and Entrepreneurs today.

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 her clients and audiences think, live 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, immediately putting everything into perspective.

Her mission became, teach Professionals and Entrepreneurs around the world how to maximise the time they have to live an excuse free life without regrets!

SUCCESS BY DESIGN TRAINING

Success by Design Training is on a mission to help 5 million individuals have better work/life balance by 2030 using The 888 Formula. Working with ambitious professionals, visionary organisations & entrepreneurs who are ready to be more productivity 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 motivation to create lasting change.

DAY 1

GOALS & GRATITUDE

Guided Visualisation Exercise

What do you want?

This Visualisation Exercise will help you to, identify the goal (miracle) you want to achieve.

8 Questions to help...

Write down everything that comes up when you think about these questions in the box below (there's no wrong answer).

1. What is future you **doing** in 5/30 days time?
2. What are you telling me has **happened**?
3. What does life **look like**? (what do you sense life looks like?)
4. What does life **smell like**?
5. What does life **taste like**?
6. What does life **feel** like?
7. What are you prepared to **let go of** to get what you want?
8. What does having it **mean to you/your life/others**?

VISUALISATION EXERCISE

IT'S MAGIC TIME

Continued...

10X GRATITUDE EXERCISE

IT'S MIRACLE TIME

What are 10 things you can be grateful for right now?

This Exercise will help you recognise just how powerful you already are, and below are some examples below to get you started.

1. I am grateful for this challenge
2. I am grateful for my new perspective
3. I am grateful for my health
4. I am grateful for my freedom
5. I am grateful for my security
6. I am grateful for my wifi
7. I am grateful for my device
8. I am grateful for my opportunities
9. I am grateful for my friends & family
10. I am grateful for my miracle

1. I am grateful for my 10 fingers
2. I am grateful for my 10 toes
3. I am grateful for my eyes
4. I am grateful for my ears
5. I am grateful for my teeth
6. I am grateful for my left arm
7. I am grateful for my right arm
8. I am grateful for my left leg
9. I am grateful for my right leg
10. I am grateful for my health

DAY 1 HOMEWORK

IT'S MIRACLE TIME

Journaling questions for today's homework:

Q. What 10 things are you grateful for?

Q. Describe your future vision, be as detailed as you can.

Share your updates in the challenge group

DAY 1 HOMEWORK

IT'S MIRACLE TIME

Continued...

Recommend the challenge to a friend, email us their full name to:
miracles@successbydesigntraining.com
And we'll email you the bonus Challenge Training as a thank you gift for spreading the joy.

DAY 2

LIMITS & POSSIBILITY

What do you believe about miracles?

Which of these 8 Limiting Beliefs about Miracles do you have?

1. Miracles only happen to special people
2. I must be perfect to receive a miracle
3. If I can't explain it, it isn't real
4. Asking for a miracle is selfish
5. My past limits what's possible
6. Believing in miracles means ignoring reality
7. Believing in miracles is delusional
8. I must work hard for anything I want

DAY 2

IT'S MIRACLE TIME

Limiting Beliefs Reframed

Limiting Belief	Positive Reframe
If I can't explain it, it isn't real	Some things can't be explained
Asking for a miracle is selfish	Asking for support opens the way for good to unfold
I must be perfect to receive a miracle	I am worthy of help and blessings exactly as I am
Miracles only happen to special people	Positive change and unexpected breakthroughs are available to everyone
My past limits what's possible	My past does not dictate my future
Believing in miracles is delusional	Trusting in greater possibilities is a sign of a growth mindset
I must work hard for anything I want	Consistent inspired action creates my miracle results
Believing in miracles means ignoring reality	Staying grounded and believing in possibilities can coexist

Which limiting beliefs are you ready release and reframe?

EFT Tapping into the possibility vibration activation

What did the tapping help you to release?

DAY 2 HOMEWORK

IT'S MIRACLE TIME

Journaling questions for today's homework:

Q. What limits am I ready to release today?

Q. What will I dare to dream could be possible?

Share your updates in the challenge group

DAY 2 HOMEWORK

IT'S MIRACLE TIME

Continued...

Recommend the challenge to a friend, email us their full name to:
miracles@successbydesigntraining.com
And we'll email you the bonus Challenge Training as a thank you gift for spreading the joy.

DAY 3

AGREEMENTS & EMBODIMENT

YOUR AGREEMENT

I _____

Accept that my beliefs shape my experience.
I am ready to open myself up to new possibilities.

I acknowledge that not everything requires explanation to be real,
and I welcome the unseen support available to me.

I release the idea that asking for help is selfish and recognise that
receiving support allows good to flow through my life.

I let go of the belief that perfection is required and affirm
my worthiness exactly as I am.

I understand that breakthroughs are not reserved for a select few
and that new opportunities are available to me too.

My past no longer limits what I can create, and I allow fresh potential
to guide me forward.

I recognise that believing in possibilities is an expression
of clarity, not delusion.

I welcome support, ease, and alignment alongside effort.
I agree to do whatever it takes and maintain an open mindset
as I embrace the extraordinary alongside the everyday.

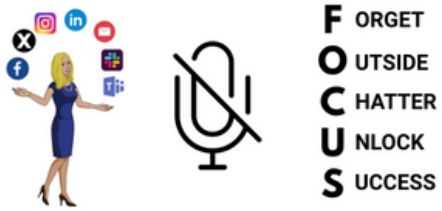
Sign _____ Date _____

DAY 3

AGREEMENTS & EMBODIMENT

EMBODIMENT: Who are you being?

What are distractions costing you?



DAY 3 HOMEWORK

IT'S MIRACLE TIME

Journaling questions for today's homework:

Q. Are you ready to become who you came here to be?

Q. Or keep circling the same hole over and over again?

> Sign this agreement with yourself in your journal

> List 3 ways you are inspired by who you are becoming e.g.

1. I do what I say I will
2. I care about my opinion of me
3. I can love myself as I evolve imperfectly

Share your updates in the challenge group

DAY 3 HOMEWORK

IT'S MIRACLE TIME

Continued...

Recommend the challenge to a friend, email us their full name to:
miracles@successbydesigntraining.com
And we'll email you the bonus Challenge Training as a thank you gift for spreading the joy.

DAY 4

DECISIONS & PLANS

What distractions am I eliminating?

Is Procrastination Stealing my Miracle?

DAY 4

DECISIONS & PLANS

What will I dare to dream is possible for me?

What goal/miracle am I manifesting in the next 30 days?

DAY 4 HOMEWORK

IT'S MIRACLE TIME

Journaling questions for today's homework:

Q. What do you want?

Q. Let's make a plan, what's one step you can take today which will get you closer to what you want?

1. If you want more time – Where is it currently going?
2. If you want more money – Where is it currently going?
3. If you want more love, freedom, hobbies – What are you ready to try?

Share your updates in the challenge group

DAY 4 HOMEWORK

IT'S MIRACLE TIME

Continued...

Recommend the challenge to a friend, email us their full name to:
miracles@successbydesigntraining.com
And we'll email you the bonus Challenge Training as a thank you gift for spreading the joy.

DAY 5

ACTIONS & CONSISTENCY

Who am I committed to being as I leave my comfort zone?

What actions till I take on the journey to my miracle?

DAY 5

ACTIONS & CONSISTENCY

What's on my 30 day Action Plan?

PROGRESS BEATS PERFECT: What step will I take today?

DAY 5 HOMEWORK

IT'S MIRACLE TIME

Journaling questions for today's homework:

Q. How will you motivate yourself to take action daily?

Q. How will you reward and celebrate your progress?

e.g I do it through kind words and acts of service to myself.

Share your updates in the challenge group

DAY 5 HOMEWORK

IT'S MIRACLE TIME

Continued...

Recommend the challenge to a friend, email us their full name to:
miracles@successbydesigntraining.com
And we'll email you the bonus Challenge Training as a thank you gift for spreading the joy.

Congratulations

Over the last 5 days, you've invested your time and energy into manifesting your miracle by remembering it’s already done!

Reframing your limiting beliefs and taking daily action like your miracles are inevitable.

You’re leaving the Comfort Zone and moving to New Street!

It’s Miracle Time
Let’s go!

Recommend the challenge to a friend, email us their full name to:
miracles@successbydesigntraining.com
And we'll email you the bonus Challenge Training as a thank you gift for spreading the joy.

If you’re ready to take your Challenge Experience to the next level invest in the:
30 Day Challenge Activation Program (Self Study/Hybrid Coaching or VIP Coaching option)
Super Charge Your Results with strategy & support.
For the link email: enquiries@successbydesigntrianing.com