

5-DAY
TRAINING
INCLUDED

MIRACLE



TIME!

CHALLENGE

WORKBOOK

by Abigail Barnes

WELCOME TO THE CHALLENGE

In this training we'll cover:

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

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Over the next **5 days** together you will get access the vibration of ***it's already done.***
The **miracle** you want, wants you to **claim** it!

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

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're ready to jump **timelines** this is how you do it...

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

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) and an award-winning entrepreneur, author, speaker and corporate trainer. She is the creator of the 888 Formula and host of The Time Management Podcast. Abigail works with ambitious professionals and entrepreneurs to redefine priorities and intentionally design a sustainable work-life formula that supports both performance and wellbeing.

With a background in Financial Services Marketing across investment and asset management, hedge funds and banking, Abigail brings over a decade of commercial experience. She understands first-hand what it takes to perform at the highest level in demanding, high-pressure environments.

Holding a BA in Business and Marketing, a Postgraduate Diploma in Marketing, and certifications in coaching and neuroscience, Abigail blends commercial insight with science-backed methodology. The result is practical, results-driven training that transforms how individuals think, work and live.

In 2012, Abigail's career and life changed overnight following a near-death experience while on a business trip to the United States. That moment became a turning point, forcing a fundamental reassessment of success, time and priorities. Today, it underpins the work she delivers globally.

ABIGAIL'S LIFE PURPOSE

A stroke on 25 February 2012 became Abigail's catalyst for change, bringing immediate clarity to what truly matters.

From that moment, her purpose was clear: to help professionals and entrepreneurs reprioritise their responsibilities and design a life they genuinely enjoy living.

SUCCESS BY DESIGN TRAINING

Success by Design Training exists to help five million people redesign their schedules by 2030 using the 888 Formula. Abigail works with ambitious professionals, visionary organisations and entrepreneurs who want to achieve more without sacrificing their health, energy, or relationships, an approach she calls *Productive Wellbeing*.

The 888 Formula is a science-led, holistic framework for work-life optimisation. It enables individuals to audit their life against three key metrics grounded in research and social norms, creating clarity, motivation and sustainable behavioural change. It is the foundation for long-term performance, fulfilment and success.

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...

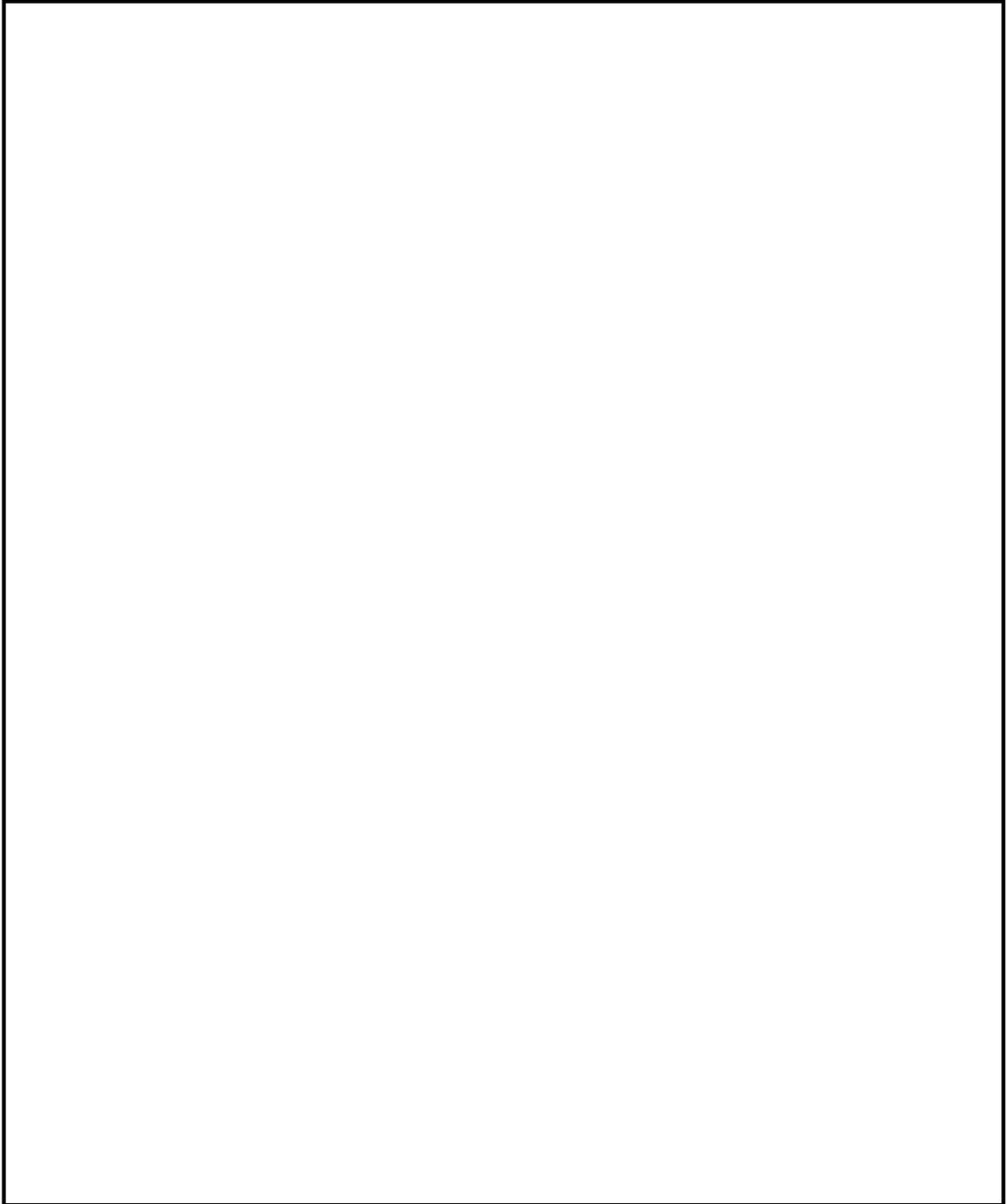
Write down everything that comes up when you think about these questions in the box below (there's no wrong answer).

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 for you/your life/others**?

VISUALISATION EXERCISE

IT'S MAGIC TIME

Continued...



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 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 _____

Congratulations

Over the last 5 days, you've invested your time, money 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@successbydesigntraining.com

Manifesting is simple.

If you're ready to stop overthinking it and step into your Miracle Era, you're in the right place.

This workbook accompanies the 5 Day Miracle Challenge and is designed to help you access the energy of it's already done, your purchase includes daily training, plus a spiritual toolkit to keep you locked int the vibration of receiving.

Whether you want more time, money, love, security, freedom, or all of the above, this challenge will support you as you become the version of you who already has it.

The stories you're telling yourself about money, success, politics, or what's possible for people like you on a daily basis are what's keeping you stuck in that reality. This workbook and accompanying training will bring you back to what truly matters: what you choose to believe, and how you choose to act from that vibration.

Inside, you will:

- Gain clarity on what you truly want and what's been blocking it
- Learn how to embody the mindset and energy of becoming
- Shift out of limitation and into possibility
- Use gratitude as a practical tool for change
- Commit to your next chapter with intention and confidence

By the end of the 5- Day Challenge, you won't just be thinking differently, you'll be moving differently. You'll be walking down a new street, as the version of you who has what they want.

Complete the challenge over five days or fit it around your existing commitments. There is no right way to do it. Progress always beats perfect.

Your miracle you want is waiting for you to claim it.

It's Miracle Time

Abigail xo

