



**PROCRASTINATION
BREAKTHROUGH
21-DAY CHALLENGE
WORKBOOK**

WELCOME TO THE CHALLENGE

IT'S PROCRASTINATION BREAKTHROUGH TIME

You are 21 Days away from your **breakthrough**, from the life you want to be living.

From the **life** you deserve to be living from the life that **it's your time** to be living!

This 21 Day Challenge will give you **everything** you need to be able to take small daily action steps in the direction of your **dreams**.

Success is simple, but not easy.

It requires **desire**, what you want to achieve and **action**, how you will go about achieving what you want. Both of which are opposing energies.

The **energy of desire** requires that you connect with the part of you that knows **what** you'd do if you knew you couldn't fail, that your bills would be paid, that you knew how to do it and that you wouldn't look foolish as you **stop procrastinating** and do the thing you've been putting off.

The **energy of action** requires that you connect with your courage, the part of you that knows you are powerful beyond measure, that you won't fail, because you won't give up.

Accountability plus Action = Results

There are no guarantees in life and this Challenge is the same. What I can guarantee is that during our time together you can **breakthrough** your procrastination block.

The **results** you get will be a direct reflection of the **action** steps you take daily, people who have done this Challenge before have evolved beyond their expectations and use the Challenge as a springboard and a framework for their life once the Challenge ends.

Progress not Perfect

During our time together we will talk again and again about the concept of **progress**, not **perfection**, that 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'll 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 can be.

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 Challenge 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 **investing** in this Challenge you have given yourself the **opportunity** to make your dream life your real life...so let's go!

YOUR TRAINER



Abigail Barnes

14 years ago I would have told you my name, my job title and where I lived because those 3 reference points are how most of us were taught to describe ourselves, some might also add their relationship status, number of children or pets.

On 25 February 2012, I found myself without any of those reference points to fall back on. I was a 32-year-old woman at death's door in a foreign country on a work business trip, in a hospital where I was an insurance number!

If this is our first time hanging out and you don't know my story you can read about it on the Success by Design Training website.

"When I thought I was going to die, I realised I had been waiting for the right time to live."

As a result of this experience (spiritual awakening), I now have huge respect for time and see it for the gift it truly is. This Challenge is your opportunity to breakthrough your Procrastination Block, regain control of your time and your life and create some certainty and structure for yourself in a world that has never been more uncertain.

Today I am the founder of Success by Design Training, an award-winning entrepreneur, author, international speaker and corporate trainer on Time Management and Productive Wellbeing. I am a qualified coach and creator of the renowned 888 Formula, and host of The Time Management Podcast.

Success by Design Training

Success by Design Training helps high-performing professionals and entrepreneurs running on empty regain control of their time, do great work and still have a life they enjoy living. Through their talks, training and online group challenges and members community.

They are on a mission to share The 888 Formula with 5 million individuals by 2030. 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 A LIFE AUDIT

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	



REVIEWING YOUR LIFE AUDIT

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

- Your personal life? Score /10

- Your mental health? Score /10

- Your happiness? Score /10

EVALUATE YOUR LIFE AUDIT

WHAT HAVE YOU REALISED FROM YOUR LIFE AUDIT?

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:

Things I want to invest more time & resources into:

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

DARE TO DREAM

MAKE YOUR DREAM LIFE YOUR REAL LIFE

What do you want?

Use this Visualisation Exercise will help you connect with the life and person you are becoming.

Set an alarm for 8 minutes, write down everything that comes to mind right now on the next few pages (use more paper if needed).

8 Questions to help...

1. What is future you doing (actions taken)?
2. What does life look like (describe your surroundings)?
3. What does life feel like (physical sensations)?
4. What does life smell like (scent or atmosphere)?
5. What does life taste like (flavour profile)?
6. What are you prepared to let go of (delete from your life)?
7. What does having it mean to you (core value from achieving)?
8. What new things can you see yourself trying (experiencing)?



DARE TO DREAM

MAKE YOUR DREAM LIFE YOUR REAL LIFE

Continued...



DARE TO DREAM

MAKE YOUR DREAM LIFE YOUR REAL LIFE

Continued...



It's Your Time

You are 21 Days away from your Procrastination Breakthrough and now
you have your motivation to keep going, no matter what!

Any questions email: orders@successbydesigntraining.com