

TIME TO THRIVE CHALLENGE

Workbook



2ND - 6TH AUGUST 2022

[INSPIRINGLIFEDESIGN.COM/THRIVE](https://inspiringlifedesign.com/thrive)

FIRST THINGS FIRST

SUCCESS TIPS

HOW TO GET THE MOST OUT OF THE CHALLENGE

1. COMMIT TO SHOW UP EVERY DAY

- ☐ Tue 2nd Aug
- ☐ Wed 3rd Aug
- ☐ Thu 4th Aug
- ☐ Fri 5th Aug
- ☐ Sat 6th Aug

2. BRING ACCOUNTABILITY PARTNERS

List friends you can invite to support you.

Registration link to send: inspiringlifedesign.com/thrive

3. PLAY FULL OUT

Fully participate! Stay energised. Drink lots of water.

Stand up often to shake your body out.

Follow Tony's advice...put yourself in PEAK STATE!

4. GO ALL-IN

Get the VIP treatment with Tony & Dean behind the scenes.

Access your Gold Card here:

inspiringlifedesign.com/gold

5. TAKE NOTES LIKE CRAZY

If you want to truly take action on the things you learn, write the key points down.

6. DECIDE WHAT ACTIONS YOU WILL TAKE TO MOVE YOU TOWARD YOUR GOALS

DAY ONE

NOTES SPACE

[illegible]

DAY ONE

NOTES SPACE

[illegible]

DAY ONE

NOTES SPACE

[illegible]

DAY ONE SUMMARY

LOOK AT YOUR DAY ONE NOTES AND CONSOLIDATE THE TOP 3 THINGS
YOU WANT TO REMEMBER

TOP 3 TAKEAWAYS FROM DAY ONE

1

2

3

CREATE A CHECKLIST OF THE TOP 3 ACTIONS YOU CAN TAKE TO
START THRIVING

TOP 3 ACTIONS

☐

☐

☐

DAY TWO

NOTES SPACE

[illegible]

DAY TWO

NOTES SPACE

[illegible]

DAY TWO

NOTES SPACE

[illegible]

DAY TWO

SUMMARY

LOOK AT YOUR DAY TWO NOTES AND CONSOLIDATE THE TOP 3 THINGS
YOU WANT TO REMEMBER

TOP 3 TAKEAWAYS

1

2

3

CREATE A CHECKLIST OF THE TOP 3 ACTIONS YOU CAN TAKE TO
START THRIVING

TOP 3 ACTIONS

☐

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☐

DAY THREE

NOTES SPACE

[illegible]

DAY THREE

NOTES SPACE

[illegible]

DAY THREE

NOTES SPACE

[illegible]

DAY THREE

SUMMARY

LOOK AT YOUR DAY THREE NOTES AND CONSOLIDATE THE TOP 3 THINGS
YOU WANT TO REMEMBER

TOP 3 TAKEAWAYS

1

2

3

CREATE A CHECKLIST OF THE TOP 3 ACTIONS YOU CAN TAKE NEXT

TOP 3 ACTIONS

☐

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DAY FOUR

NOTES SPACE

[illegible]

DAY FOUR

NOTES SPACE

[illegible]

DAY FOUR

NOTES SPACE

[illegible]

DAY FOUR

SUMMARY

LOOK AT YOUR DAY FOUR NOTES AND CONSOLIDATE THE TOP 3 THINGS
YOU WANT TO REMEMBER

TOP 3 TAKEAWAYS

1

2

3

CREATE A CHECKLIST OF THE TOP 3 ACTIONS YOU CAN TAKE NEXT

TOP 3 ACTIONS

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☐

DAY FIVE

NOTES SPACE

[illegible]

DAY FIVE

NOTES SPACE

[illegible]

DAY FIVE

NOTES SPACE

[illegible]

DAY FIVE

SUMMARY

LOOK AT YOUR DAY FIVE NOTES AND CONSOLIDATE THE TOP 3 THINGS
YOU WANT TO REMEMBER

TOP 3 TAKEAWAYS

1

2

3

CREATE A CHECKLIST OF THE TOP 3 ACTIONS YOU CAN TAKE NEXT

TOP 3 ACTIONS

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☐

MAKE IT COUNT

COMMITMENT

SO YOU'VE PLAYED FULL OUT FOR THE 5 DAY CHALLENGE,
DON'T LET IT GO TO WASTE.
MAKE A COMMITMENT NOW AND SIGN YOUR NAME TO IT

*From this moment forward I refuse to
simply survive.*

It's my time to THRIVE

The actions I commit to taking next are:

<input type="checkbox"/>	_____

<input type="checkbox"/>	_____

<input type="checkbox"/>	_____

<input type="checkbox"/>	_____

<input type="checkbox"/>	_____

<input type="checkbox"/>	_____

SIGNED: _____

DATE: _____

WHAT'S NEXT?

PROJECT NEXT

READY FOR THE NEXT LEVEL?



Hi, it's Corinna here!

I hope you have had an amazing experience with the Time To Thrive challenge, and that you enjoyed this workbook I put together for you.

The things you have learnt these past 5 days can change your life if you take the courage to now pursue your dreams.

Trust me when I say, there is no time like the present, so please do sign the commitment to yourself and be sure to take action.

If Project Next is your next step, I offer a suite of complimentary tools, coaching and mentoring to help you succeed. Be sure not to miss out on the **free bonuses** I offer by emailing me at: corinna@inspiringlifedesign.com

Or visit inspiringlifedesign.com/next

I can't wait to help you make an impact and create a strong financial base for yourself, so that you can thrive through these uncertain times.

Corinna