



DESIGN YOUR LIFE

WORKBOOK

NEW YEAR, NEW YOU!

JANUARY 5-9th
12Noon ACST

polly.

Hello! I'm Polly

And I get it — truly.
For years I was deep in self-development.
I read the books, went to the seminars, took the courses, collected all the information...
but nothing in my life actually changed.

I felt stuck.
I was working long hours in a job that didn't light me up.
I was exhausted, unfulfilled, frustrated, and wondering why all the "mindset work" wasn't shifting anything for me.

I didn't know how to apply what I was learning, or how to help myself.
I watched other people grow and move forward and thought,
"Why can they do it, but I can't?"
A part of me was terrified that this was just how my life was going to be — that nothing would ever change.

But here's what I now know with absolute certainty:

Life doesn't have to stay the way it is.

Change is possible — faster than you think — when you learn how to work with your mind instead of against it.



Since 2019, I've supported over 1,000 women to transform their lives and create results such as:

- ➡ Shifting their financial reality
- ➡ Changing careers with confidence
- ➡ Starting new businesses or growing existing ones
- ➡ Strengthening relationships with loved ones
- ➡ Learning to love and accept themselves
- ➡ Improving their health and overall quality of life

You Are The Reason I Do This

Your success is my mission.

I believe that quiet voice inside you is telling you your life can be different.

Better. Happier. Calmer. More fulfilled.

I believe you can rise out of the place you're in right now.

I believe you haven't walked this hard path for nothing.

And I believe this is not your moment to give up.

Borrow my belief in you.

Giving up is not an option.

Life is short.

Isn't it worth living it the way you want?

polly.



DESIGN YOUR LIFE

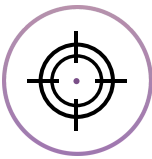
Everything In One Place

Click the link to access all your sessions and resources in one easy place. Everything is organised for you so you can stay focused and get the most out of this work.

» <https://polly-hohn.mykajabi.com/life-by-design-portal>



STEPS TO YOUR SUCCESS



MONDAY: SET AN AMBITIOUS GOAL

- 🕒 12:00 noon ACST: Live Meeting with Polly Hohn
- 📝 Fill out the PDF with exercises



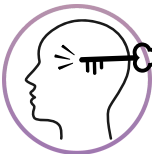
TUESDAY: DISCOVER THE POWER OF YOUR MIND

- 🕒 12:00 noon ACST: Zoom Q&A with Team Seeking Greatness
- 🕒 12:00 noon ACST: Live Meeting with Polly Hohn
- 📝 Fill out the PDF with exercises



WEDNESDAY: BREAK THE WALL OF FEAR

- 🕒 12:00 noon ACST: Live Meeting with Polly Hohn
- 📝 Fill out the PDF with exercises



THURSDAY: TAKE THE FIRST STEP

- 🕒 12:00 noon ACST: Live Meeting with Polly Hohn
- 📝 Fill out the PDF with exercises



FRIDAY: Q&A

- 🕒 12:00 noon ACST: Live Meeting with Polly Hohn
- 📝 Fill out the PDF with exercises
- 🕒 1:00 PM ACST: VIP Zoom Session



SATURDAY: BONUS – MISTAKED IDENTITY

- 🕒 9:00 am ACST: Live Meeting with Polly Hohn

Get To Know My Team



POLLY



MAGGIE



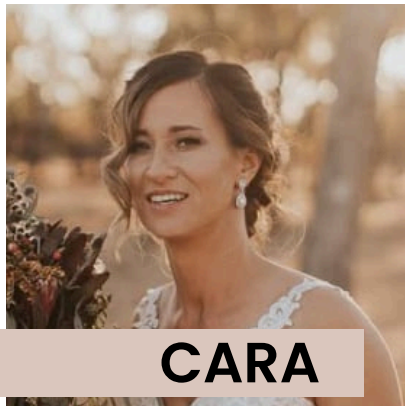
SHAE



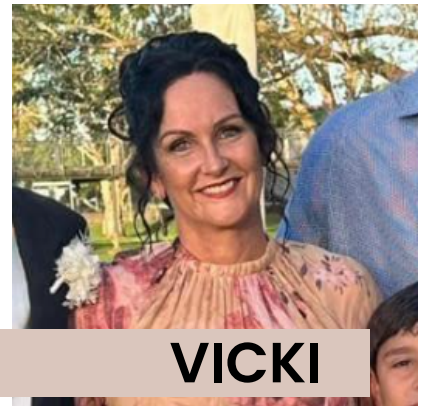
ANDI



LISA



CARA



VICKI



VAL

**We Are Here
To Help You**

DESIGN YOUR LIFE

I commit to showing up live each day because I want to stay in the energy of the group and the support of mentoring, knowing this will strengthen my chances of achieving my goals over the next 12 months.

Signature: _____

Date: _____

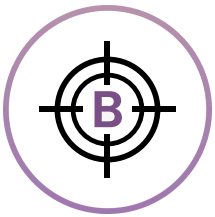
MONDAY DAY 1 - 12 Noon ACST

Create An Ambitious Goal

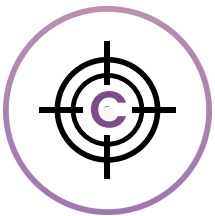
Types Of Goals



Type A Goal | A goal you know how to achieve

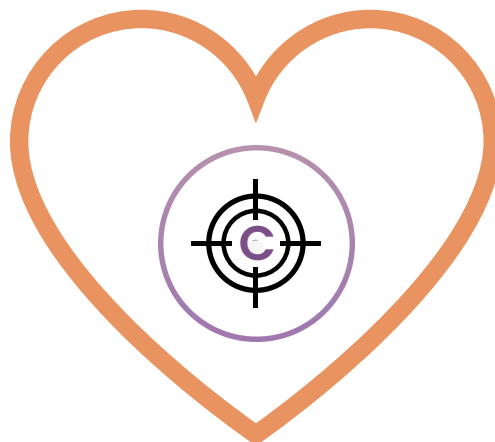


Type B Goal | A goal you think you can achieve



Type C Goal | Your desire. The goal you truly want

A C-type goal comes from your heart.



**Write down your goal on your goal card,
starting with:**

I am so grateful and happy now that...



Date: _____

I'm so happy and grateful now that ...

polly.

MAKE SURE:

Once you have your goal written down, ask yourself, “Why do I want this?”.

Ask yourself this question 7 times and write down the answers that come below:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

The final answer that comes is your real “Why”.

Add your “why” to your goal card.

Once you have your goal written down, ask yourself, “Why do I want this?”

Place the goal card in your wallet, purse or pocket and read it several times a day.

Remember that the image you most often hold in your mind will sooner or later be expressed in physical form.

If you can't decide which goal is your
C Goal, read the "Decision" article
for the next 30 days.

SCAN HERE 



MAKE SURE YOUR GOAL IS WRITTEN CORRECTLY:

- Write your goal in the present or as if you have already achieved it.
- Make your goal specific and measurable (how will you know when you've achieved it?).
- Set a clear date for when you intend to achieve your goal.

SESSION 1 EXERCISES

- Answer the questions above, write your goal on your Goal Card (you'll find it below), and read it several times each day.
- Take a selfie with your Goal Card and post it in our Facebook group. Share what you took away from your first session.
- Everyone who completes the exercises will go into the draw for daily rewards (we love celebrating your commitment!).
- Join the Zoom meeting on Tuesday at 12:00 noon ACST, where my team will help you refine and strengthen your goal.

At this link you will find a complete set of materials and recordings.

» <https://polly-hohn.mykajabi.com/life-by-design-portal>



SUMMARY

First Day of The Challenge

CREATE AN AMBITIOUS GOAL



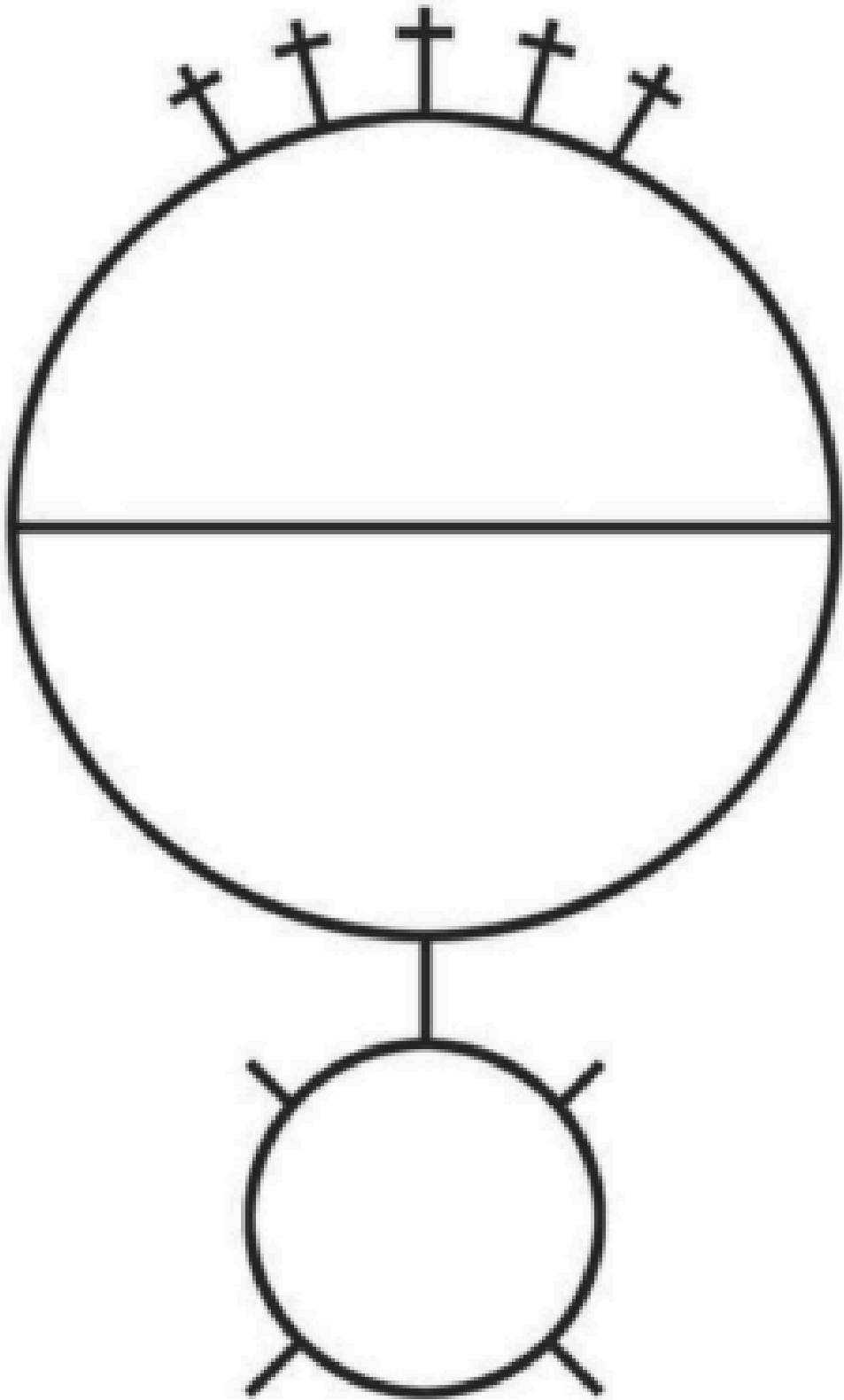
DAY 2 TUESDAY - 12 Noon ACST

Discover The Power of Your Mind

I compare myself with others	YES	NO
Do you believe in yourself?	YES	NO
I'm afraid of rejection from others	YES	NO
I have trouble concentrating	YES	NO
I'm afraid to sell	YES	NO
I don't feel like a great leader	YES	NO
I'm afraid of making mistakes	YES	NO
I put everything off until later	YES	NO
I don't trust my decisions	YES	NO
I have a problem with procrastination	YES	NO
I'm worried about the opinions of others	YES	NO

On a scale of 1-10:

Do you believe in yourself?	<input type="checkbox"/>
Are other people's opinions about you important to you?	<input type="checkbox"/>
Are you a confident woman?	<input type="checkbox"/>
Do you respect yourself?	<input type="checkbox"/>
Do you appreciate your achievements?	<input type="checkbox"/>
Do you give your all every day?	<input type="checkbox"/>



What is your strongest Paradigm?

How much has your paradigm cost you so far? Specify the amount:

Write down 5 things you know you should do to achieve your goal, but you don't do them:

Write down the 5 most destructive beliefs you have about your goal or yourself:

Choose one habit and one belief from the list above and write down the formula for a paradigm shift.

DOWNLOAD FREE PDFs



Affirmations PDF



Self Confidence PDF

SESSION 2 EXERCISES

- Answer the questions above.
- Take a photo of your Stick Person notes (mind image) and post it in our Facebook group. Let us know what you learned from the second session.
- Everyone who completes the exercises will be entered into a daily prize draw (we're still rewarding your perseverance!)

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SUMMARY

Day Two of The Challenge

DISCOVER THE POWER OF YOUR MIND

"You are the problem,
but you are also the
solution."



**Your SUCCESS
depends on your
MINDSET.**

95% MINDSET + 5% STRATEGY = SUCCESS



It's the same company.
Same product.
Same tasks.
VARIOUS RESULTS



**WHAT ARE YOU
FOCUSING ON?**



"Man becomes his thoughts."



MIND IMAGE



T →

Conscious

F →

Sub-conscious

A →

Actions

**THE IMAGE OF OURSELVES
IT IS THE FOUNDATION**

How do we think about ourselves?
How do we perceive ourselves?



**YOU HAVE
CHOICE**



**CHANGE
PARADIGM**

**PARADIGN CHECKS
OUR BEHAVIOUR**

96%

YOUR LOGIC
YOUR PERCEPTION
HOW MUCH DO YOU EARN
HOW MUCH DO YOU SELL

DAY 3 WEDNESDAY - 12 Noon ACST

BREAK THE WALL OF FEAR

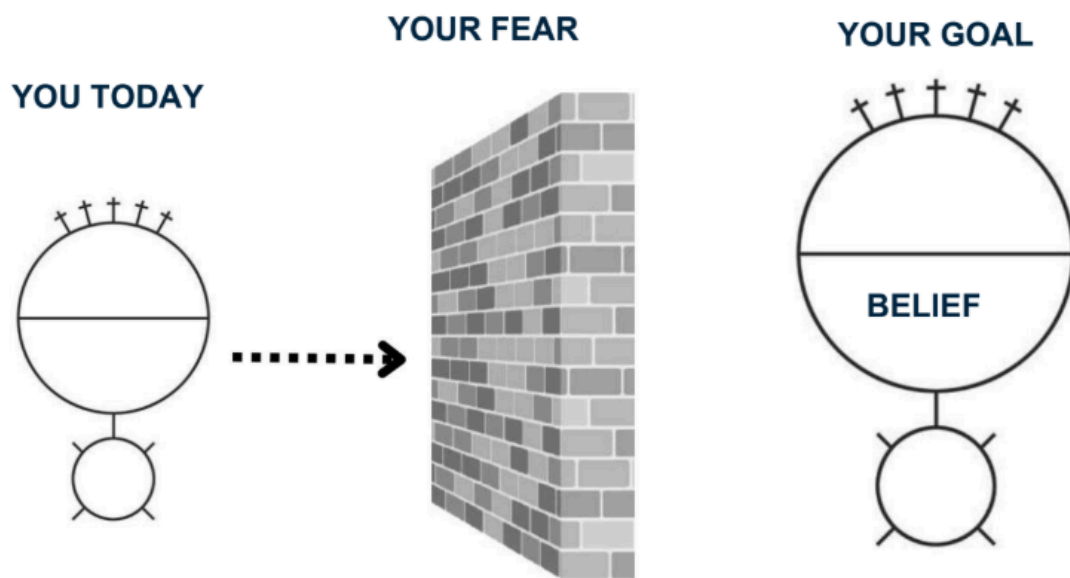
What are your biggest fears that keep you from achieving your goal?



How would you feel if you got rid of the fears listed above?



Choose one thing you are afraid to do, but you commit to doing it because you know it will bring you closer to your goal.



- ☐ Yes, I want to overcome my fears and anxieties because I want create my reality consciously!
- ☐ No, I make the decision to stay where I am and allow my paradigms to continue to control my life!

SESSION 3 EXERCISES

- Answer the questions above.
- Go Live on our FB group to break your fear of criticism from others and public speaking. The video should be at least 1 minute long. Share with us what you've learned from our challenge so far.
- Everyone who completes the exercises will be entered into a drawing for daily prizes!

“
**God placed the best
things in life on the other
side of fear.**
Will Smith
”

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SUMMARY

Day Three of The Challenge

BREAK THE WALL OF FEAR



Can you afford
to stay where
you are?

How much is
your paradigm
costing you?

"If your goal conflicts with the information that is
encoded in your subconscious mind, your self-
image will never allow your goal to become
a reality."

Maxwell Maltz

NO EFFECT → PARADIGM EFFECT

I'm not suitable
What if...
What others will say?



I can't cope
It is impossible
I will let myself and others down

WHAT DO YOU WANT TO BELIEVE?

I CAN!

I CAN'T



"God put the best things on the
other side of the wall of fear."



BE AFRAID AND DO!

(ADEL AND RICHARD BRANSON ARE AFRAID TOO)

Faith is the power to
achieve everything.

**FAITH
OVER
FEAR**

FAITH WITHOUT ACTION IS DEAD

DAY 4 THURSDAY - 12 Noon ACST

TAKE THE FIRST STEP

How long have you been at the same level with your results in life?
Be honest with yourself.

Think about a time in your life when you wanted to make a decision, but fear stopped you.

Write down the names of the people who would suffer the most if you stayed where you are in life now:

1.

2.

3.

4.

5.

☐

Yes, I want to get out of my own way and build the life I deserve!

☐

No, I want to stay exactly where I am!

SESSION 4 EXERCISES

- Make a decision that will change your future forever.
- Schedule a conversation to learn more about my Life By Design Community and how working with me over the next 12 months will completely change your life.

**SCHEDULE
A CALL**





DO YOU FEEL IT'S TIME FOR A CHANGE?

**Do you feel like you're capable of achieving so much more, but
you don't know where to start?**

Do you feel stuck in the same place and you don't understand why?

Would you like to start fulfilling your dreams, but are you afraid of failure?

Would you like to discover your true path in life?

Would you like to get rid of negative thoughts about yourself?

LET'S TALK

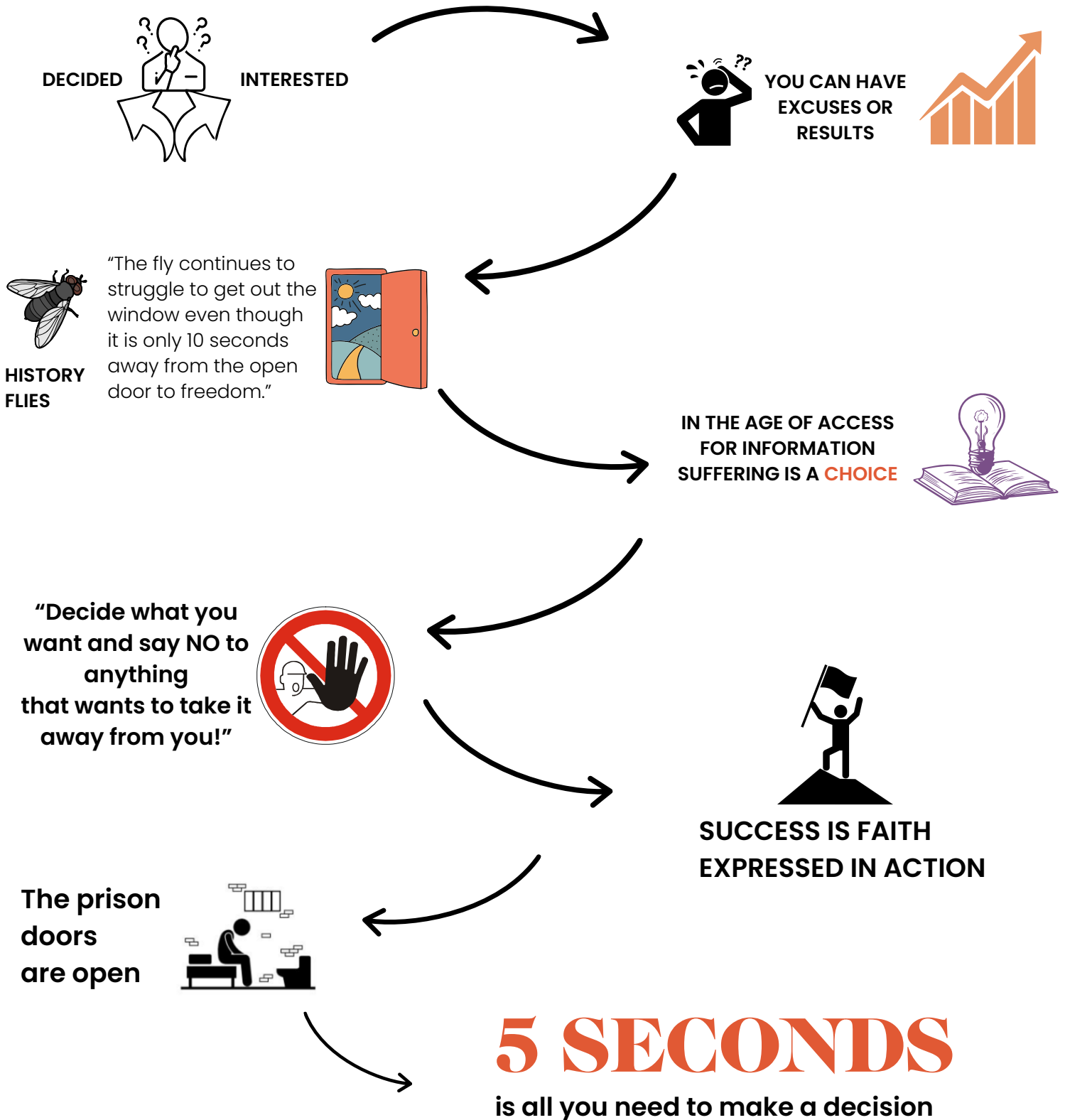


**I WANT TO HELP YOU GAIN GREATER CLARITY AND
AWARENESS ABOUT HOW YOU CAN MOVE FORWARD IN LIFE.**

SUMMARY

Day Four of The Challenge

TAKE THE FIRST STEP



DAY 5 FRIDAY - 12 Noon ACST

Q&A SESSION

- Join our exclusive VIP Zoom event today at 12 noon ACST!
- Bring your questions to this session
- I will be available for a few hours to answer all your questions and share valuable information with you.
- Don't miss this opportunity to interact in a small group and receive individual support.
- I cordially invite you – see you there!

DAY 6 SATURDAY - 9 AM ACST

IT ALL STARTS WITH YOU

If your goal were already achieved, how would you show up differently each day — and where are you currently refusing to show up that way?

What habits, behaviours, or ways of thinking belong to the version of you now — but cannot come with you to the version of you who has your goal?

If someone followed you around for a week, what would your actions tell them about who you believe you are — not who you say you want to become?

What standards would the woman who already has your goal never accept — that you currently tolerate every day?

If your goal required you to step into a new self-image, what are you most afraid you would have to let go of — approval, comfort, certainty, or old versions of yourself?

SESSION 5 EXERCISES

- Answer the questions above
- Schedule a conversation to learn more about my Life By Design Community and how working with me over the next 12 months will completely change your life.

**SCHEDULE
A CALL**



BONUS SATURDAY - 10 AM ACST

THIS TIME NEXT YEAR

“This Time Next Year” – 10:00am ACST (Zoom)

Straight after our Saturday morning 9am Youtube live session, we'll be coming together for a special bonus Zoom experience designed to help you lift your eyes beyond today and get clear on what you're truly committing to.

This session will help you:

- reflect on what's shifted for you during the challenge
- clarify where you want to be this time next year
- strengthen your decision and direction moving forward
- ask questions and gain deeper clarity in a more intimate setting

This isn't about more information — it's about integration, intention, and choice. Come prepared to think, reflect, and lean in.

A look inside the I Am Limitless Community

During our 10:00am bonus session, I'll also be sharing what happens inside the I Am Limitless Community and how it supports you after the challenge.

This is where the real integration happens.

I'll walk you through:

- how the community supports your ongoing growth
- the structure, support, and accountability available
- how staying connected helps you maintain momentum and clarity
- and why environment and support matter when creating lasting change

There's no pressure — this is simply an opportunity for you to understand what continued support can look like, so you can decide what feels right for you.

Come with curiosity and an open mind.

?WHY JOIN?

REAL WOMEN. REAL RESULTS.

JEN B



"My original goals were to find a Personal Assistant for my business and a loving relationship. I hired an amazing PA within months of working with Polly. The relationship journey had its ups and downs, but with Polly's guidance and support, I've found a wonderful partner and we're now a few years in. Working with Polly has greatly improved my self-awareness and given me the tools to keep growing. I'm incredibly grateful."

ANETA



"I started working with Polly three months ago and have already made huge changes in how I see myself, my future, and what's possible for my life. After years of wanting to do it, I found the courage to resign from my role as a university lecturer just two months into this work. This feels like only the beginning — I can already see positive changes in myself and in those around me, and I now look to the future with trust and joy."

IRENE



"Through working with Polly, I've learned how to recognise and replace negative thoughts, break through fear, and stop playing the victim. While the work has been confronting at times, it's been worth it. I'm now calmer, more confident, more productive, and far more present with my children and partner. I have better relationships, more patience, and a much more positive inner dialogue. I don't take on other people's negativity anymore, and I back myself."

MICHELLE



"Thinking Into Results & working with Polly completely turned my life around. I went from feeling worthless and lacking confidence to truly believing in myself again. With the tools Polly gave me, my mindset shifted and my relationships, work, and our business began to thrive. I'm living my life by design now, smashing goals, feeling free, and I never want to be without a coach again. I'm so grateful Polly stepped in and said, "I can help you."

JENNY



"On such a high right now. Within 3 weeks of starting Thinking Into Results with Polly, I attracted \$6k to pay for our family holiday from an unexpected payment. I also attracted \$61k in inheritance when I'd only asked for \$10k to paint our house, and we've just been told we've won a \$100k grant for our business. Honestly, it's the best money I've ever invested."

HAYLEY



"Before Thinking Into Results, I was stuck in negative thought spirals. I was reactive, snappy, constantly tired, and scattered — and it was affecting my relationships with my family. Working with Polly, I learnt how to change my thinking and my perspective. The shift has been profound. I'm now calmer, less reactive, and far less stressed. My relationships with my family have improved significantly — they were the first to notice the change, and even others comment on how relaxed I am now."

OLIVIA



"Within 18 weeks of working with Polly, I turned my annual income into my monthly income. I'm already 25% of the way to my goal income. This work helped me set goals I once believed were unrealistic — and actually achieve them. Unlike past conferences and training I'd invested heavily in, this was the first time I was fully immersed and took consistent action. I now attract better clients and higher-quality staff."

VICKI



"As a solo Mum, I was caught in the cycle of living week to week - sometimes day by day! After Polly's coaching, I went from struggle street to having a \$8k week and a \$12k month. Literally in the following week! I have now generated a consistent income from multiple sources just by learning how to look at my relationship with money differently. So powerful AND life changing!"

LISA



"After working with Polly my relationship with my teenage daughters improved beyond what I thought possible. We are able to talk about anything calmly, with trust and honesty. I felt like I was failing miserably and now I am so proud of the mum I am today."

JESS



"After doing 6 months of Thinking Into Results with Polly, I have learnt to let go and do less for more, I have allowed myself the time to do things for me and I am so much more tolerant of my children. I have manifested outstanding invoices to be paid, the sale of our car right when we needed it and winning supreme championship Bos Indicus at the 2025 Royal Darwin Show, with my first home bred Brahman heifer."



**If you want to go fast, go alone.
If you want to go far, go in a group.**



SUE



"When I began this work, I was living on a pension and couldn't see how change was possible — but I knew I couldn't stay where I was. By shifting my thinking and committing fully to the work, everything began to change. Today, I've increased my monthly income by over 1200%, regained my health, built meaningful relationships, and stepped into my own power. I'm no longer surviving — I'm leading."

JO



"When I started this work, I was a hairdresser running my own business — with a bold goal that felt bigger than anything I'd done before. I decided to leave my business and run for local government. Not one day. Not someday. Within three months, I stepped away from my business, ran for office — and won. I went on to be re-elected, proving it wasn't luck or timing, but a real shift in who I chose to be and how I showed up."

MAGGIE



"When I began this work, life felt tight and inflexible. I was working long hours with little freedom, and family holidays felt out of reach. Through this work, I chose a different standard and created my own business, which is now thriving and earning more than I ever did before. Today, I have the flexibility to be present for my kids and their sporting lives, we have a new car and caravan, and we're about to head off on our second family cruise. My life changed because I decided it could."

EVA



"I came into this work with no shortage of ideas — my challenge wasn't vision, it was action. I had big goals and strong capability, but I procrastinated when it was time to move. I wanted to grow my business to a consistent \$80K per month, and I knew that required a different way of showing up. Through this work, I changed my relationship with action. I now take consistent, aligned steps, have hit \$80K months consistently, and I'm mentoring others to do the same. This wasn't about working harder — it was about stepping into my power."



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