

- 30 days of yoga
- 30 days of Whole30®
- 30 days of green smoothies
- 30 days of clearing clutter
- 30 days of no alcohol
- 30 days of meditation
- 30 days of creating
- 30 days of exercise
- 30 days of promoting my business
- 30 days of riding my bike to work
- 30 days of no sugar
- 30 days of family dinners
- 30 days of running
- 30 days of reading
- 30 days of spring cleaning
- 30 days of 10,000 steps
- 30 days of no soda
- 30 days of no shopping
- 30 days of writing
- 30 days of no caffeine
- 30 days of drinking a gallon of H₂O
- 30 days of gratitude
- 30 days of journaling
- 30 days of random acts of kindness
- 30 days of letter writing
- 30 days of no social media
- 30 days of no TV
- 30 days of

3 COMMIT

commit. plan. succeed.

HELLO. My name is:

.....

This year I will:

.....

.....

.....

If found, please return to:

.....

.....



commit30.com



/commit30



/commit30



/icommit30



step 1: my vision

What do I want this year to look like? To feel like?

physical health

mental health

marriage / partner

family / friends

pure joy / fun

adventure / travel

Within each circle ask yourself what is most important to you and what you can do to improve upon these areas for a more balanced life.

spiritual health

personal growth

career

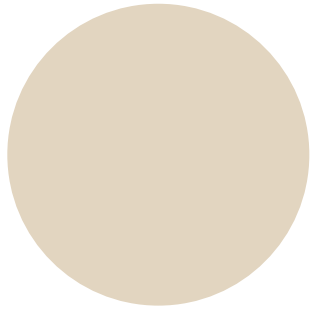
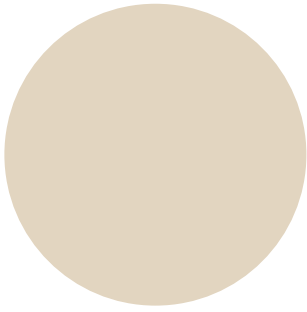
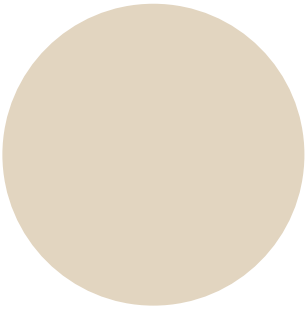
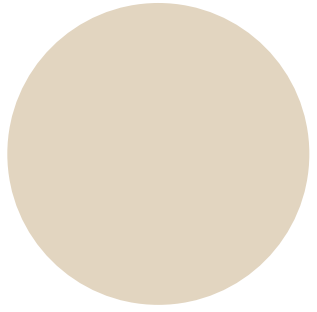
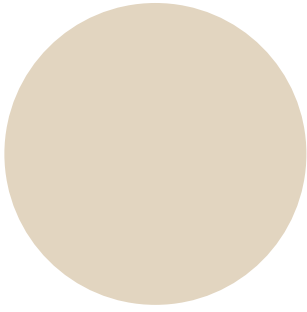
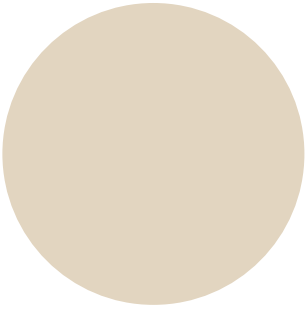
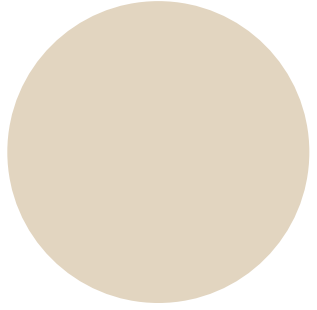
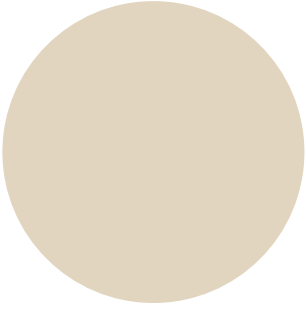
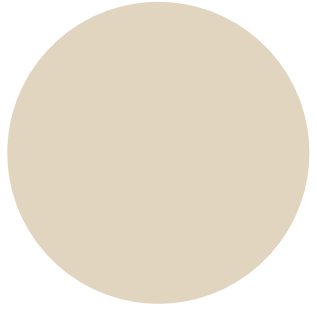
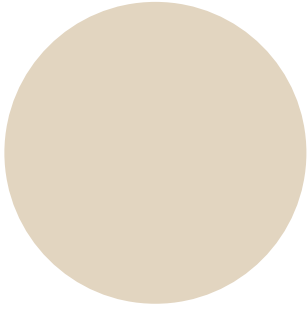
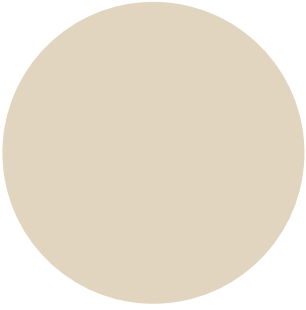
home

community

finances

step 2: my monthly goals overview

12 months / 12 goals (Use each month's goal setting page to create detailed action steps for each goal.)



step 3: my daily action steps

Plan out your days the night before and set realistic, achievable goals.

The key to success is found in your daily routine.

Daily focus box

- Top priority for the day
- AM routine / workouts
- Special events, bdays

Custom columns

- Work, life, kids
- AM, @Noon, PM
- Biz 1, Biz 2, Home

Life to do list

Work to do list

JANUARY	MONDAY 2	TUESDAY 3	WEDNESDAY 4
This week, I commit to:			
LIFE TO DO	6	Remember: small steps = big results. Your daily to-do list should be determined by your overall goal.	
	7		
	8		
	9		
	10		
	11		
	12		
	1		
WORK TO DO	2		
	3		
	4		
	5		
	6		
	7		
	8		
	NOTES		
Blank space / doodles / grocery list			

Three special rows for top 3 categories

EXAMPLES

- Top 3 to do
- Breakfast
- Lunch
- Dinner

step 4: track each day

Use the monthly 30 day checklist to show each day you work towards your goal.



Don't break the chain!

step 5: share your goals

with friends and family and online using #commit30.

And don't forget that in between goals is a thing called life that has to be lived and enjoyed.

2017

JANUARY

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

MARCH

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MAY

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JUNE

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

JULY

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

AUGUST

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

U.S. HOLIDAYS

JAN 1 New Year's Day
 JAN 16 Martin Luther King Jr. Day
 FEB 14 Valentine's Day
 FEB 20 Presidents' Day

APR 14 Good Friday
 APR 16 Easter Sunday
 MAY 14 Mother's Day
 MAY 29 Memorial Day

JUN 18 Father's Day
 JUL 4 Independence Day
 SEP 4 Labor Day
 OCT 9 Explorers Day

OCT 31 Halloween
 NOV 11 Veterans Day
 NOV 23 Thanksgiving Day
 DEC 25 Christmas Day

NOTES

A large grid of dotted lines for taking notes, spanning the width of the page below the holidays section.

JANUARY

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

OCTOBER

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOVEMBER

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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 JUL 4 Independence Day
 SEP 3 Labor Day
 OCT 8 Explorers Day

OCT 31 Halloween
 NOV 11 Veterans Day
 NOV 22 Thanksgiving Day
 DEC 25 Christmas Day

NOTES

A large grid of dotted lines for taking notes, spanning the width of the page below the 'NOTES' header.

notes projects journal



DECEMBER

**DON'T
GIVE UP.
GREAT
THINGS
TAKE TIME.**

monthly goal

action steps

This month I did / did not reach my goal. Why?

.....
.....

Overall I would rate my effort towards my goal (1→10)

.....

Next steps:

.....
.....

3 COMMIT

30-DAY CHALLENGE

This month, I commit to:

.....
.....
.....

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

My reward:

.....
.....

commit. plan. succeed.

DEC 2017

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

27

28

29

NOTES

4

5

6

11

12

hanukkah begins

13

18

19

20

hanukkah ends

25

christmas

26

kwanzaa begins

27

THURSDAY**FRIDAY****SATURDAY****SUNDAY**

30

1

2

3

7

8

9

10

14

15

16

17

21

winter solstice

22

23

24

christmas eve

28

29

30

31

This week, I commit to:

LIFE TO DO

WORK TO DO

6

7

8

9

10

11

12

1

2

3

4

5

6

7

8

NOTES

THURSDAY 30

FRIDAY 1

SATURDAY 2

SUNDAY 3

6			
7			
8			
9			
10			
11			
12			
1			
2			
3			
4			
5			
6			
7			
8			

DECEMBER

MONDAY 4

TUESDAY 5

WEDNESDAY 6

This week, I commit to:

LIFE TO DO

6

7

8

9

10

11

12

1

2

3

4

WORK TO DO

5

6

7

8

NOTES

THURSDAY 7

FRIDAY 8

SATURDAY 9

SUNDAY 10

6			
7			
8			
9			
10			
11			
12			
1			
2			
3			
4			
5			
6			
7			
8			

DECEMBER

MONDAY 11

TUESDAY 12

WEDNESDAY 13

This week, I commit to:

LIFE TO DO

6

7

8

9

10

11

12

1

2

3

4

WORK TO DO

5

6

7

8

NOTES

THURSDAY 14

FRIDAY 15

SATURDAY 16

SUNDAY 17

6			
7			
8			
9			
10			
11			
12			
1			
2			
3			
4			
5			
6			
7			
8			

DECEMBER

MONDAY 18

TUESDAY 19

WEDNESDAY 20

This week, I commit to:

LIFE TO DO

6

7

8

9

10

11

12

1

2

3

4

WORK TO DO

5

6

7

8

NOTES

THURSDAY 21

FRIDAY 22

SATURDAY 23

SUNDAY 24

	THURSDAY 21	FRIDAY 22	SATURDAY 23	SUNDAY 24
6				
7				
8				
9				
10				
11				
12				
1				
2				
3				
4				
5				
6				
7				
8				

DECEMBER

MONDAY 25

TUESDAY 26

WEDNESDAY 27

This week, I commit to:

LIFE TO DO

6

7

8

9

10

11

12

1

2

3

4

WORK TO DO

5

6

7

8

NOTES

THURSDAY 28

FRIDAY 29

SATURDAY 30

SUNDAY 31

6			
7			
8			
9			
10			
11			
12			
1			
2			
3			
4			
5			
6			
7			
8			