

**step 1: my vision** What do I want this year to look like? To feel like?

---

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.

---

physical health

mental health

spiritual health

personal growth

marriage / partner

family / friends

career

home

pure joy / fun

adventure / travel

community

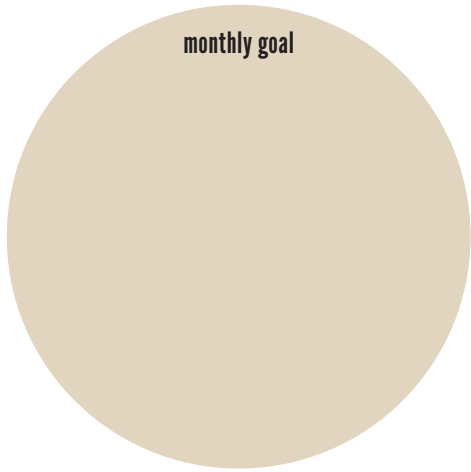
finances



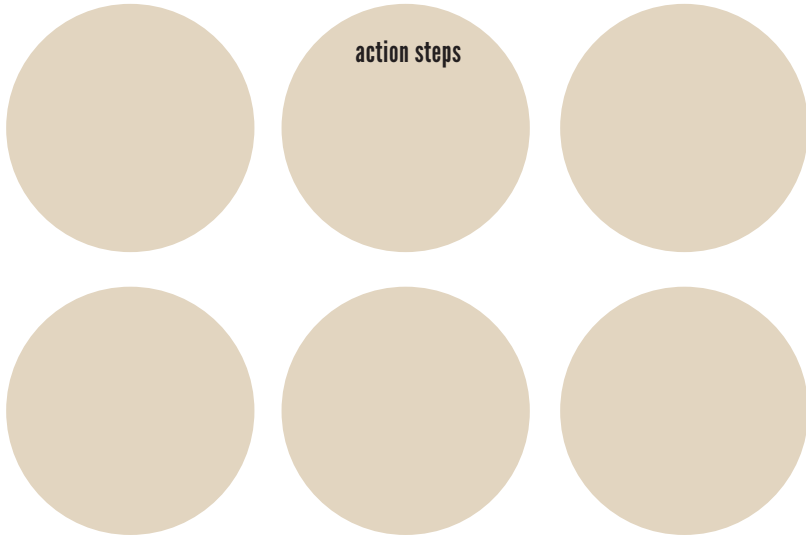


DECEMBER

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



monthly goal



action steps

# 3 COMMIT

30-DAY CHALLENGE

This month, I commit to:

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



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

.....  
.....

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

.....  
.....

Next steps:

.....  
.....

My reward:

.....  
.....

**commit. plan. succeed.**

# DEC 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

This month, I commit to:

27

28

29

30

1

2

3

NOTES

4

5

6

7

8

9

10

11

12

hanukkah begins

13

14

15

16

17

18

19

20

hanukkah ends

21

winter solstice

22

23

24

christmas eve

25

christmas

26

kwanzaa begins

27

28

29

30

31

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

This week, I commit to:			
6			
7			
8			
9			
10			
11			
12			
1			
2			
3			
4			
5			
6			
7			
8			

This week, I commit to:			
6			
7			
8			
9			
10			
11			
12			
1			
2			
3			
4			
5			
6			
7			
8			

# DECEMBER

MONDAY 4

TUESDAY 5

WEDNESDAY 6

THURSDAY 7

FRIDAY 8

SATURDAY 9

SUNDAY 10

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

6

7

8

9

10

11

12

1

2

3

4

5

6

7

8

6

7

8

9

10

11

12

1

2

3

4

5

6

7

8



# DECEMBER

MONDAY 11

TUESDAY 12

WEDNESDAY 13

THURSDAY 14

FRIDAY 15

SATURDAY 16

SUNDAY 17

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

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

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

# DECEMBER

MONDAY 18

TUESDAY 19

WEDNESDAY 20

THURSDAY 21

FRIDAY 22

SATURDAY 23

SUNDAY 24

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

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

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

# DECEMBER

MONDAY 25

TUESDAY 26

WEDNESDAY 27

THURSDAY 28

FRIDAY 29

SATURDAY 30

SUNDAY 31

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

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

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