

**3**  
**C****OMMIT**™

# 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 'NOTES' header.

## 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

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			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

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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

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	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

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23	24	25	26	27	28	29
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## SEPTEMBER

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17	18	19	20	21	22	23
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## OCTOBER

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## DECEMBER

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## U.S. HOLIDAYS

JAN 1	New Year's Day	MAR 30	Good Friday	JUN 17	Father's Day	OCT 31	Halloween
JAN 15	Martin Luther King Jr. Day	APR 1	Easter Sunday	JUL 4	Independence Day	NOV 11	Veterans Day
FEB 14	Valentine's Day	MAY 13	Mother's Day	SEP 3	Labor Day	NOV 22	Thanksgiving Day
FEB 19	Presidents' Day	MAY 28	Memorial Day	OCT 8	Explorers Day	DEC 25	Christmas Day

## NOTES

Notes section with a grid of dots for writing.

# step 1: my vision

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

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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.

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**spiritual health**

**personal growth**

**career**

**home**

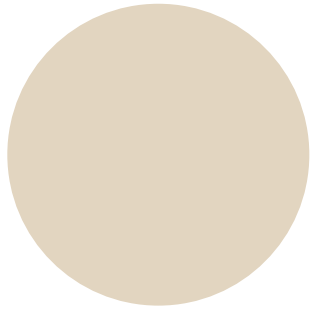
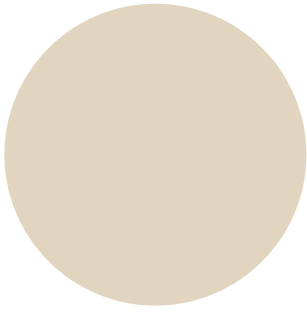
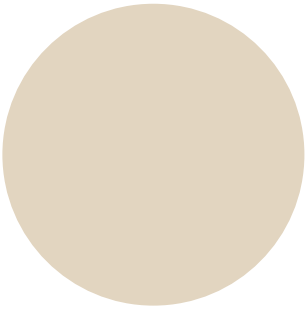
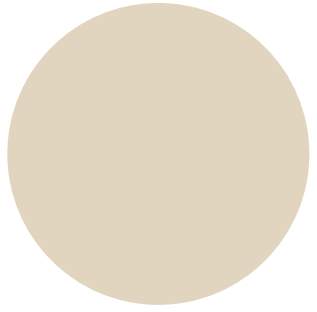
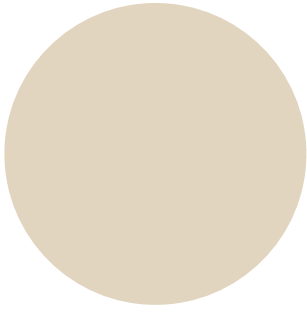
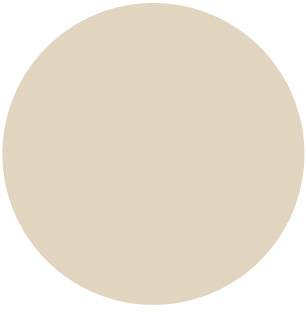
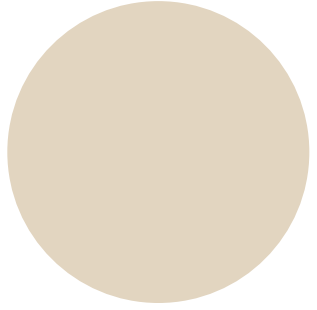
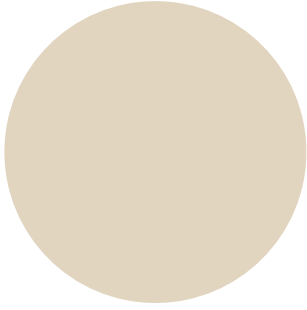
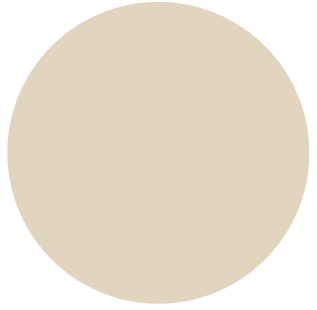
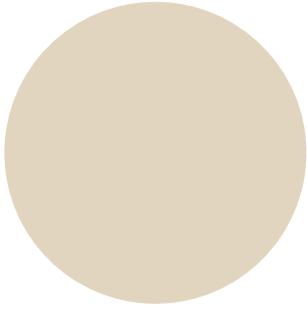
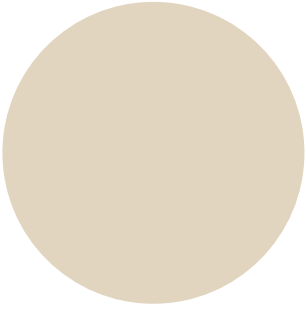
**community**

**finances**

# step 2: my monthly goals overview

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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.	
<input type="checkbox"/>	7		
<input type="checkbox"/>	8		
<input type="checkbox"/>	9		
<input type="checkbox"/>	10		
<input type="checkbox"/>	11		
<input type="checkbox"/>	12		
<input type="checkbox"/>	1		
<input type="checkbox"/>	2		
<input type="checkbox"/>	3		
<input type="checkbox"/>	4		
WORK TO DO	5		
<input type="checkbox"/>	6		
<input type="checkbox"/>	7		
<input type="checkbox"/>	8		
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			
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.





**JULY**

**THERE ARE  
SEVEN DAYS  
IN THE WEEK  
AND SOMEDAY  
ISN'T ONE  
OF THEM.**

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.**

# JUL 2017

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

26

27

28

NOTES

3

4

independence day

5

10

11

12

17

18

19

24

25

26

31

1

2

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

29

30

1

2

6

7

8

9

13

14

15

16

20

21

22

23

27

28

29

30

3

4

5

6

**JUN 26–JUL 2**

**MONDAY 26**

**TUESDAY 27**

**WEDNESDAY 28**

This week, I commit to:

**LIFE TO DO**

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

**WORK TO DO**

**NOTES**

THURSDAY 29

FRIDAY 30

SATURDAY 1

SUNDAY 2

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

**JUL 3-9**

**MONDAY 3**

**TUESDAY 4**

**WEDNESDAY 5**

This week, I commit to:

**LIFE TO DO**

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

**WORK TO DO**

**NOTES**



THURSDAY 6

FRIDAY 7

SATURDAY 8

SUNDAY 9

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



**JUL 10-16**

**MONDAY 10**

**TUESDAY 11**

**WEDNESDAY 12**

This week, I commit to:

**LIFE TO DO**

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

**WORK TO DO**

**NOTES**

**THURSDAY 13**

**FRIDAY 14**

**SATURDAY 15**

**SUNDAY 16**

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

JUL 17-23

MONDAY 17

TUESDAY 18

WEDNESDAY 19

This week, I commit to:

LIFE TO DO

5

6

7

8

9

10

11

WORK TO DO

12

1

2

3

4

5

6

7

NOTES

Dotted grid area for notes.

THURSDAY 20

FRIDAY 21

SATURDAY 22

SUNDAY 23

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

JUL 24-30

MONDAY 24

TUESDAY 25

WEDNESDAY 26

This week, I commit to:

LIFE TO DO

5

6

7

8

9

10

11

WORK TO DO

12

1

2

3

4

5

6

7

NOTES

Grid of dotted lines for notes.

THURSDAY 27

FRIDAY 28

SATURDAY 29

SUNDAY 30

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

**JUL 31-AUG 6**

**MONDAY 31**

**TUESDAY 1**

**WEDNESDAY 2**

This week, I commit to:

**LIFE TO DO**

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

**WORK TO DO**

**NOTES**



**THURSDAY 3**

**FRIDAY 4**

**SATURDAY 5**

**SUNDAY 6**

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7