

**3**  
**C****OMMIT**™



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

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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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physical health

mental health

spiritual health

personal growth

marriage / partner

family / friends

career

home

pure joy / fun

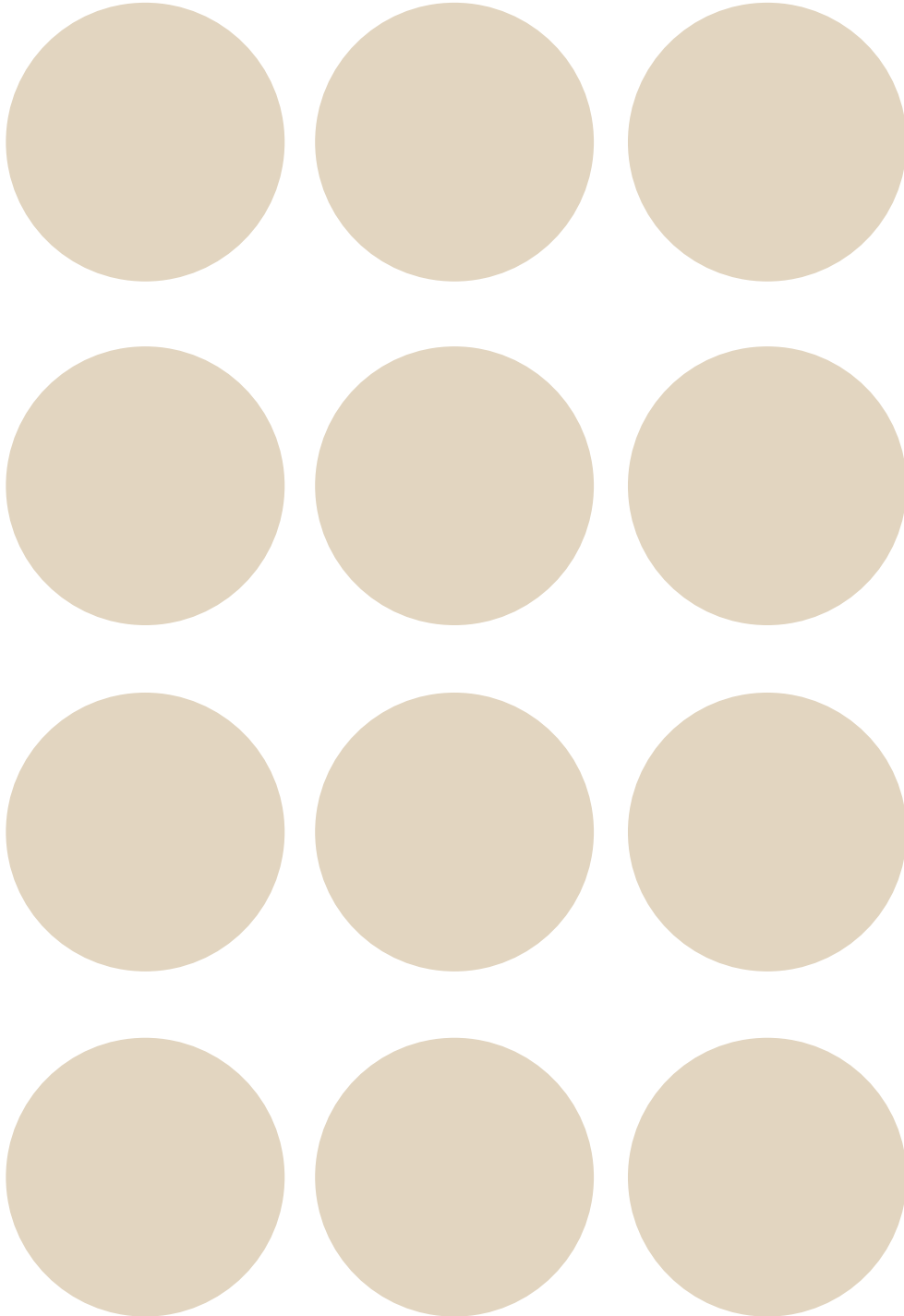
adventure / travel

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

Three special rows for top 3 categories

EXAMPLES

- Top 3 to do
- Breakfast
- Lunch
- Dinner

Blank space / doodles / grocery 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		
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	3		
	4		
WORK TO DO	5		
<input type="checkbox"/>	6		
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NOTES	Blank space / doodles / grocery list		

## 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!

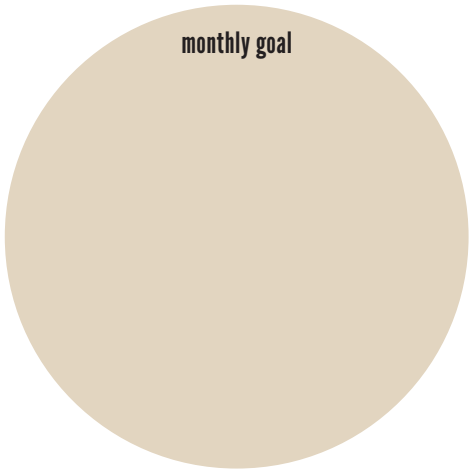
## step 5: share your goals

with friends and family and online using #commit30.

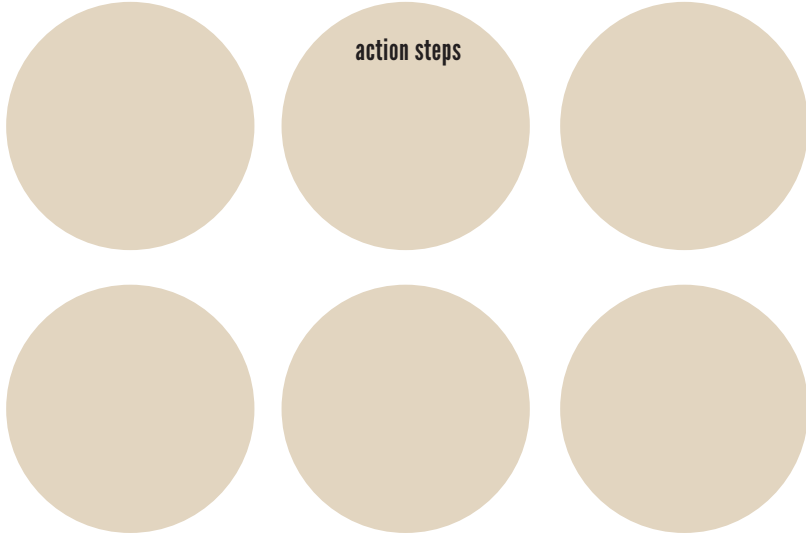
And don't forget that in between goals is a thing called life that has to be lived and enjoyed.

JULY

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



monthly goal



action steps

# 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.**

# JUL 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

This month, I commit to:

26

27

28

29

30

1

2

NOTES

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4

independence day

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JUN 26-JUL 2

MONDAY 26

TUESDAY 27

WEDNESDAY 28

THURSDAY 29

FRIDAY 30

SATURDAY 1

SUNDAY 2

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

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This week, I commit to:

LIFE TO DO

WORK TO DO

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This week, I commit to:

LIFE TO DO

WORK TO DO

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NOTES

Grid of dotted lines for notes.

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This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

Grid of dotted lines for notes.

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