

- 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 H<sub>2</sub>O
- 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?

---

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

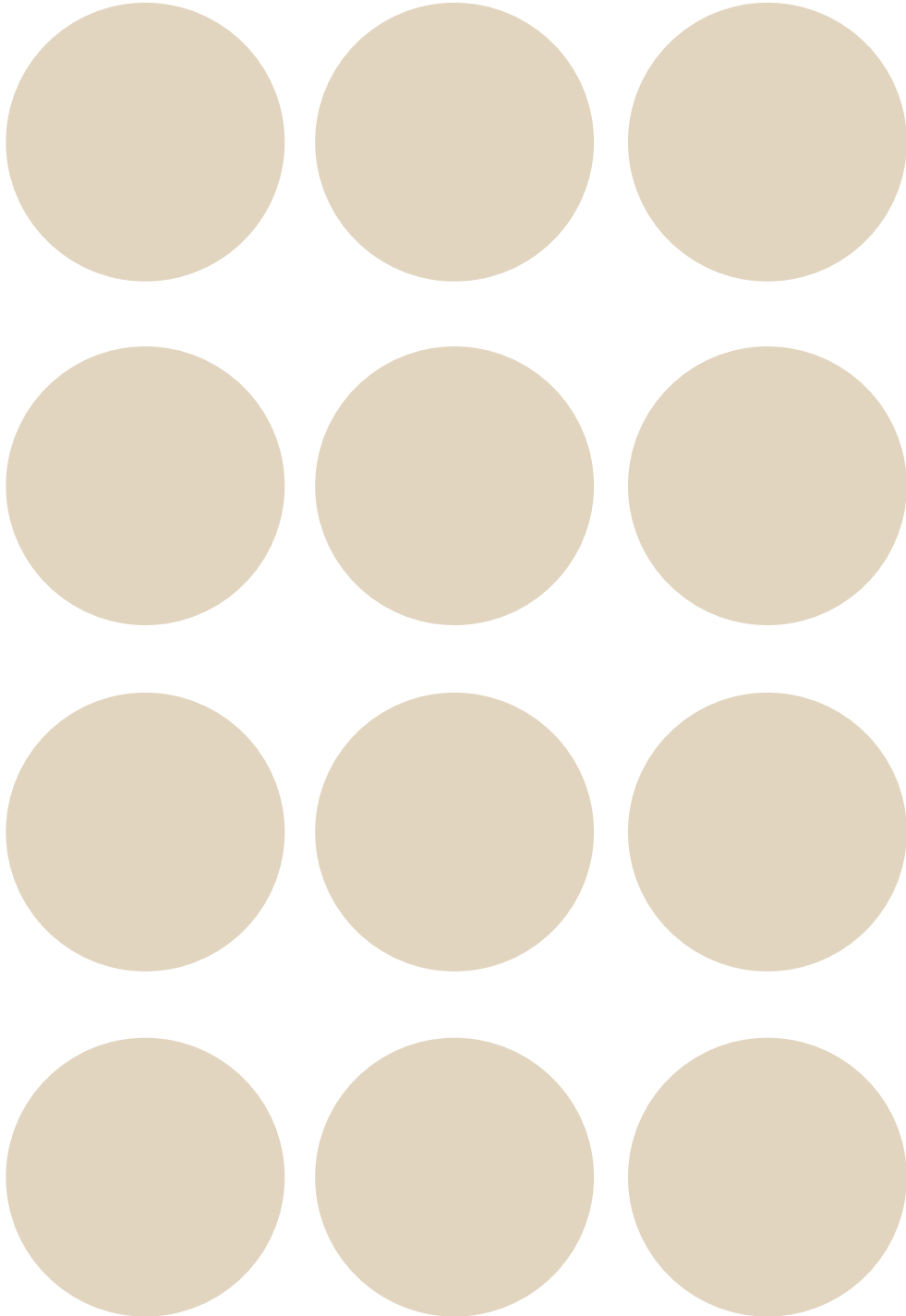
adventure / travel

community

finances

## 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.	
<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		
WORK TO DO	2		
<input type="checkbox"/>	3		
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<input type="checkbox"/>	5		
<input type="checkbox"/>	6		
<input type="checkbox"/>	7		
<input type="checkbox"/>	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.

JANUARY							FEBRUARY						MARCH						JANUARY							FEBRUARY						MARCH																																																					
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30	31	27	28	27	28			27	28	29	30	31			29	30	31			29	30	31	22	23	24	25	26	27	28	29	30	31			26	27	28	29	30	31																																													

APRIL							MAY						JUNE						APRIL							MAY						JUNE																																														
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JULY							AUGUST						SEPTEMBER						JULY							AUGUST						SEPTEMBER																																																									
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OCTOBER							NOVEMBER						DECEMBER						OCTOBER							NOVEMBER						DECEMBER																																																									
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U.S. HOLIDAYS

JAN 1	New Year's Day	APR 14	Good Friday	JUN 18	Father's Day	OCT 31	Halloween
JAN 16	Martin Luther King Jr. Day	APR 16	Easter Sunday	JUL 4	Independence Day	NOV 11	Veterans Day
FEB 14	Valentine's Day	MAY 14	Mother's Day	SEP 4	Labor Day	NOV 23	Thanksgiving Day
FEB 20	Presidents' Day	MAY 29	Memorial Day	OCT 9	Explorers Day	DEC 25	Christmas Day

U.S. HOLIDAYS

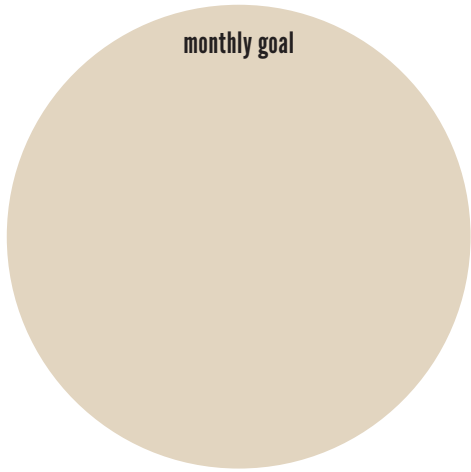
JAN 1	New Year's Day	MAR 30	Good Friday	JUN 17	Father's Day	OCT 31	Halloween
JAN 15	Martin Luther King Jr. Day	APR 1	Easter Sunday	JUL 4	Independence Day	NOV 11	Veterans Day
FEB 14	Valentine's Day	MAY 13	Mother's Day	SEP 3	Labor Day	NOV 22	Thanksgiving Day
FEB 19	Presidents' Day	MAY 28	Memorial Day	OCT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

NOTES

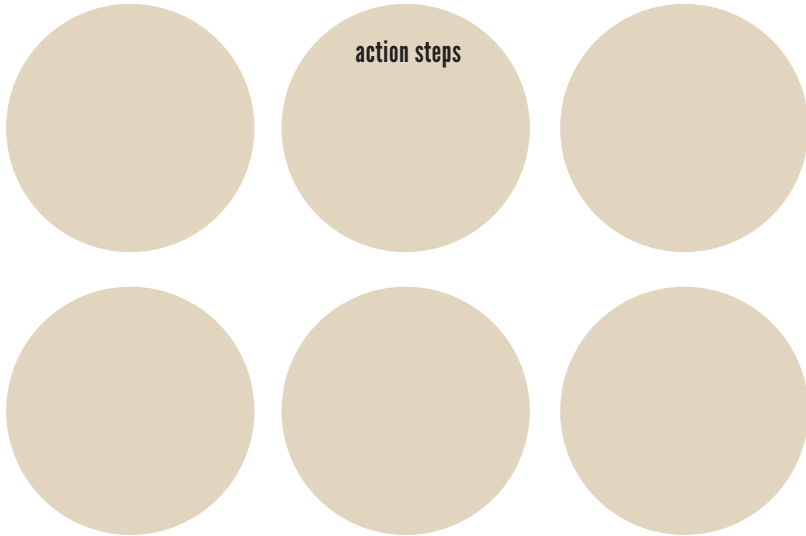
NOTES

MAY

**STOP SAYING  
“I WISH”  
AND START  
SAYING  
“I WILL.”**



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.**

# MAY 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

This month, I commit to:

1

may day

2

3

4

5

cinco de mayo

6

7

NOTES

8

9

10

11

12

13

14

mother's day

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

memorial day

30

31

1

2

3

4

# MAY

## MONDAY 1

## TUESDAY 2

## WEDNESDAY 3

## THURSDAY 4

## FRIDAY 5

## SATURDAY 6

## SUNDAY 7

This week, I commit to:

### LIFE TO DO

### WORK TO DO

NOTES

Grid of dotted lines for notes.



This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

This week, I commit to:			
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This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

This week, I commit to:			
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This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

This week, I commit to:			
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This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

This week, I commit to:			
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