



**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

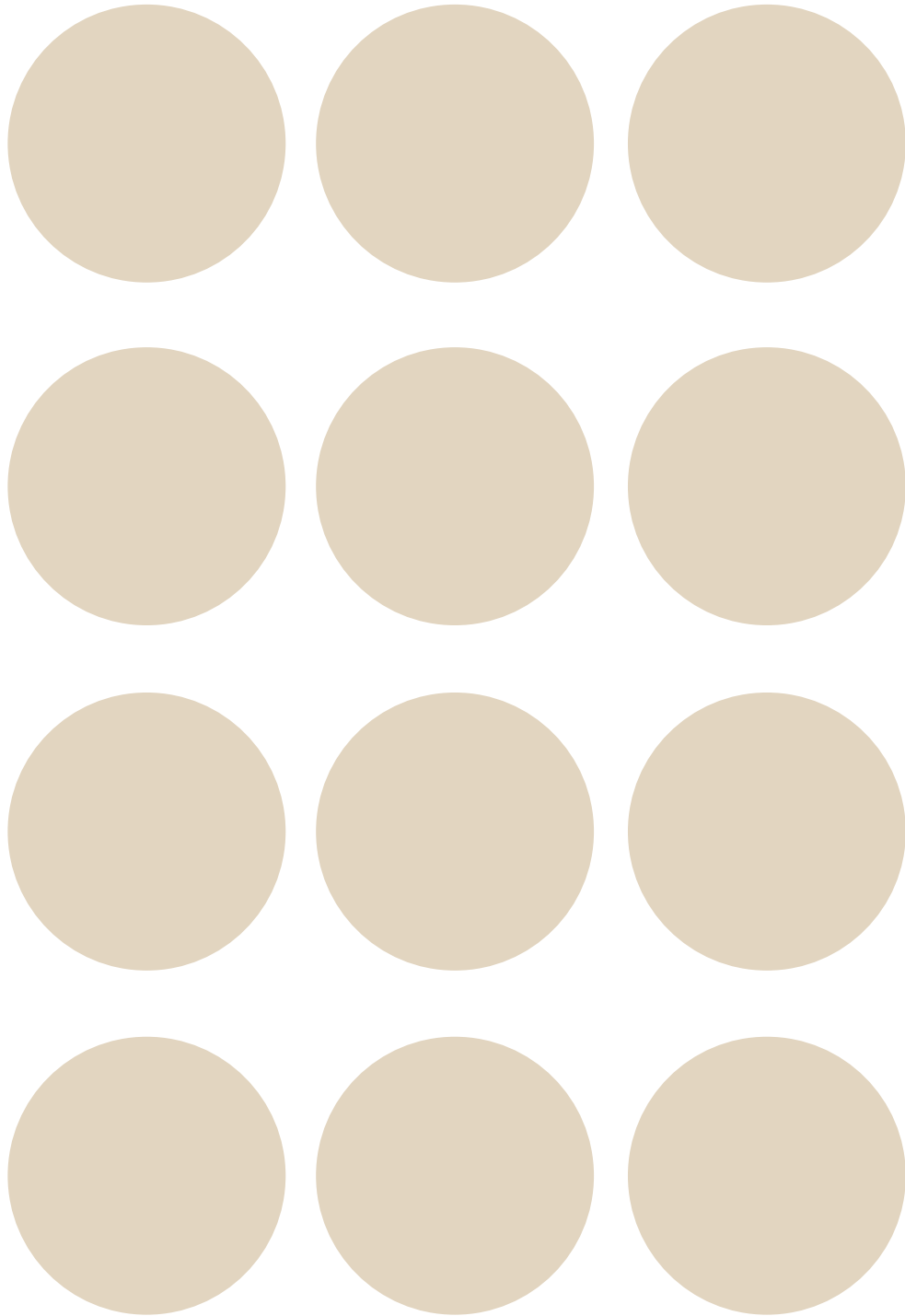
adventure / travel

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

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

Life to do list

Work to do 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!

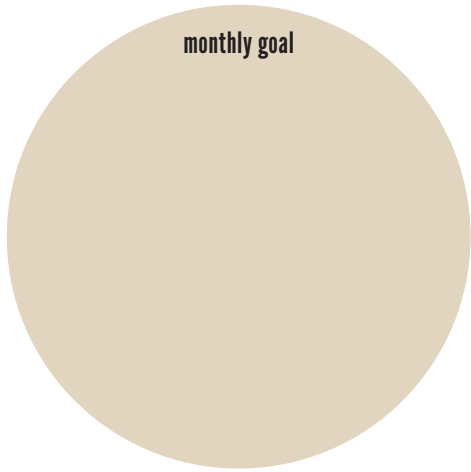
# step 5: share your goals

with friends and family and online using #commit30.

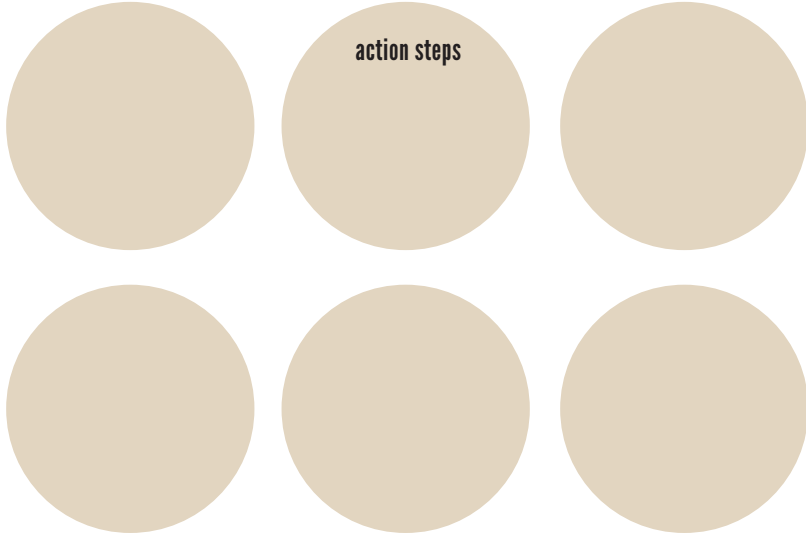
And don't forget that in between goals is a thing called life that has to be lived and enjoyed.

AUGUST

**BUSY IS  
A CHOICE.  
STRESS IS  
A CHOICE.  
JOY IS A CHOICE.  
CHOOSE WISELY.**



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:

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.....

My reward:

.....  
.....

**commit. plan. succeed.**

# AUG 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

This month, I commit to:

31

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**AUG 7-13**

**MONDAY 7**

**TUESDAY 8**

**WEDNESDAY 9**

**THURSDAY 10**

**FRIDAY 11**

**SATURDAY 12**

**SUNDAY 13**

This week, I commit to:

**LIFE TO DO**

**WORK TO DO**

**NOTES**

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**AUG 14-20**

**MONDAY 14**

**TUESDAY 15**

**WEDNESDAY 16**

**THURSDAY 17**

**FRIDAY 18**

**SATURDAY 19**

**SUNDAY 20**

This week, I commit to:

**LIFE TO DO**

**WORK TO DO**

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**NOTES**

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This week, I commit to:

LIFE TO DO

WORK TO DO

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