

step 1: my vision

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

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.

spiritual health

personal growth

career

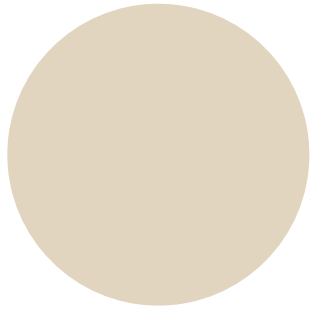
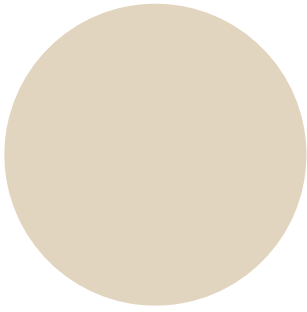
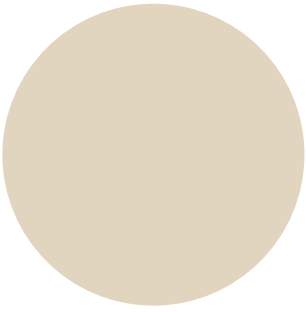
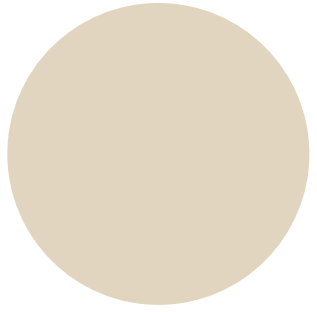
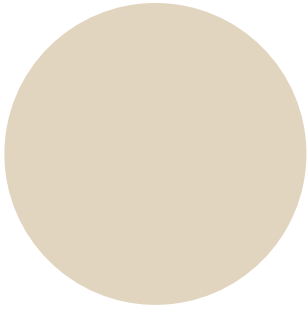
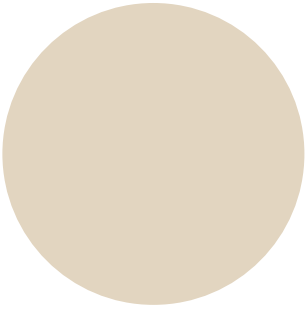
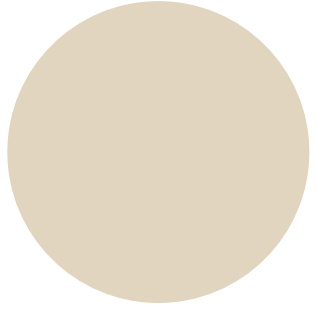
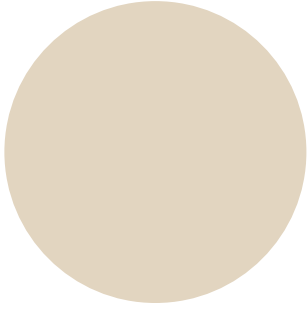
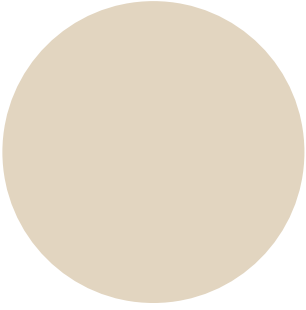
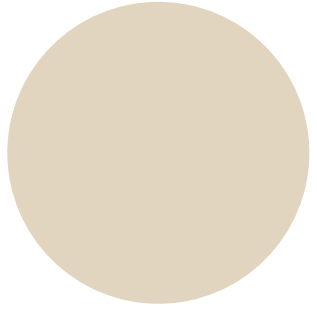
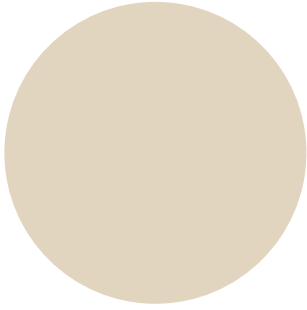
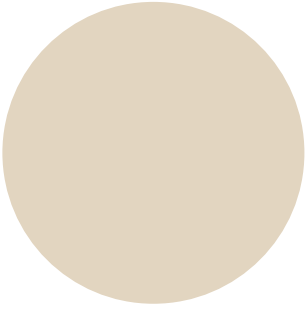
home

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		
<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.



FEBRUARY

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

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.

FEB 2018

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

29

30

31

NOTES

5

6

7

12

13

mardi gras

14

ash wednesday
valentine's day

19

president's day

20

21

26

27

28

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1

2

groundhog day

3

4

8

9

10

11

15

16

17

18

22

23

24

25

1

2

3

4

FEB 5-11

MONDAY 5

TUESDAY 6

WEDNESDAY 7

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 8

FRIDAY 9

SATURDAY 10

SUNDAY 11

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

FEB 12-18

MONDAY 12

TUESDAY 13

WEDNESDAY 14

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 15

FRIDAY 16

SATURDAY 17

SUNDAY 18

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

FEB 19-25

MONDAY 19

TUESDAY 20

WEDNESDAY 21

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 22

FRIDAY 23

SATURDAY 24

SUNDAY 25

	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25
5				
6				
7				
8				
9				
10				
11				
12				
1				
2				
3				
4				
5				
6				
7				

FEB 26-MAR 4

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 1

FRIDAY 2

SATURDAY 3

SUNDAY 4

5			
6			
7			
8			
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1			
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7			