

**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

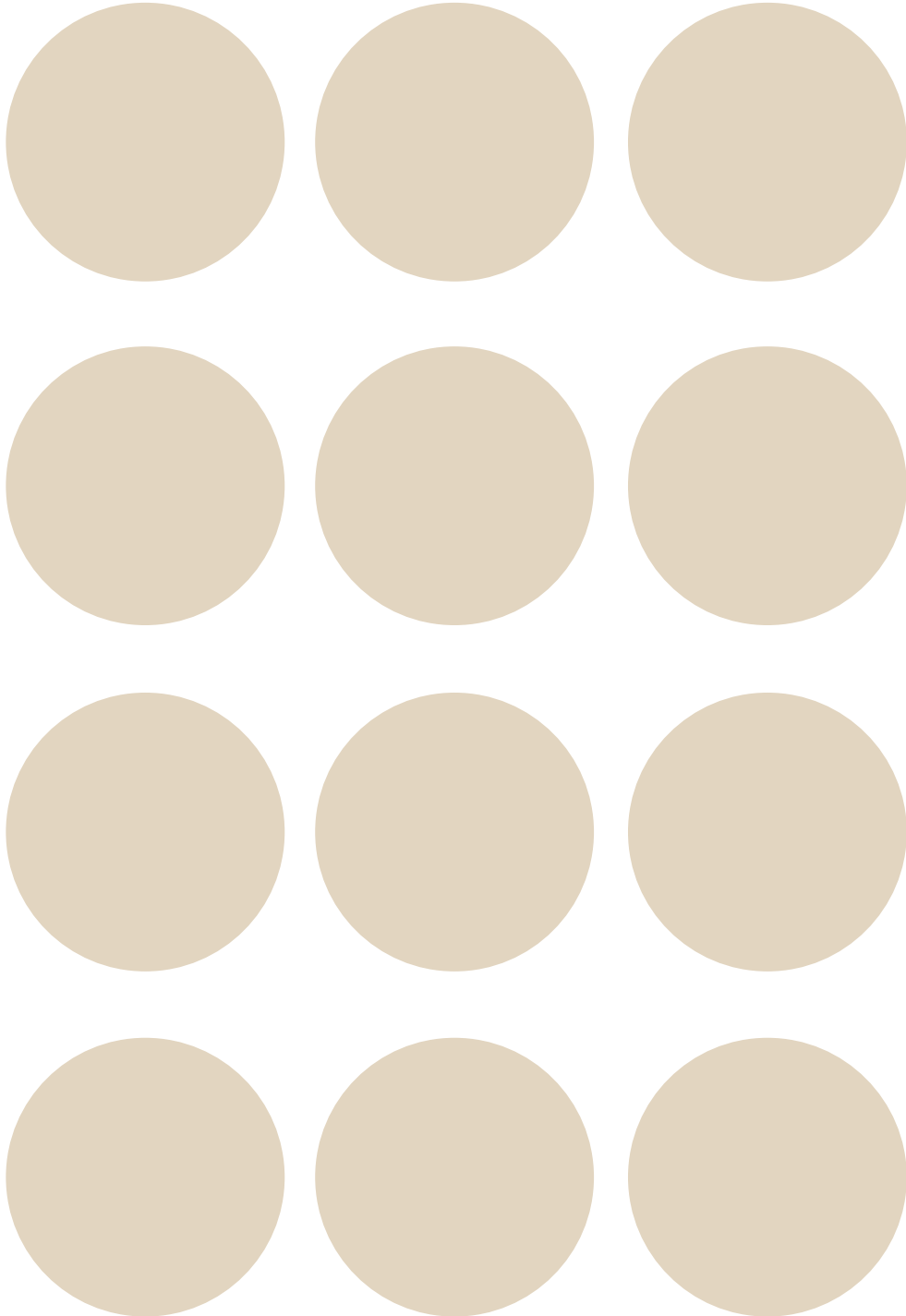
adventure / travel

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

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

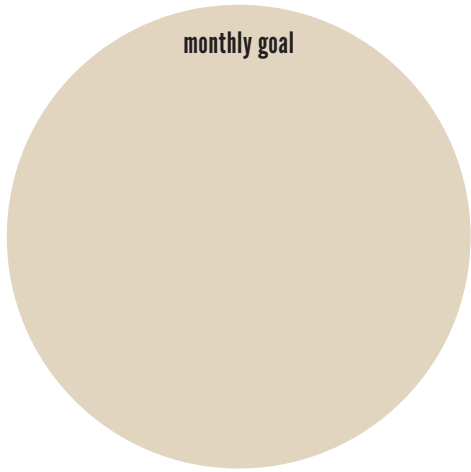
## step 5: share your goals

with friends and family and online using #commit30.

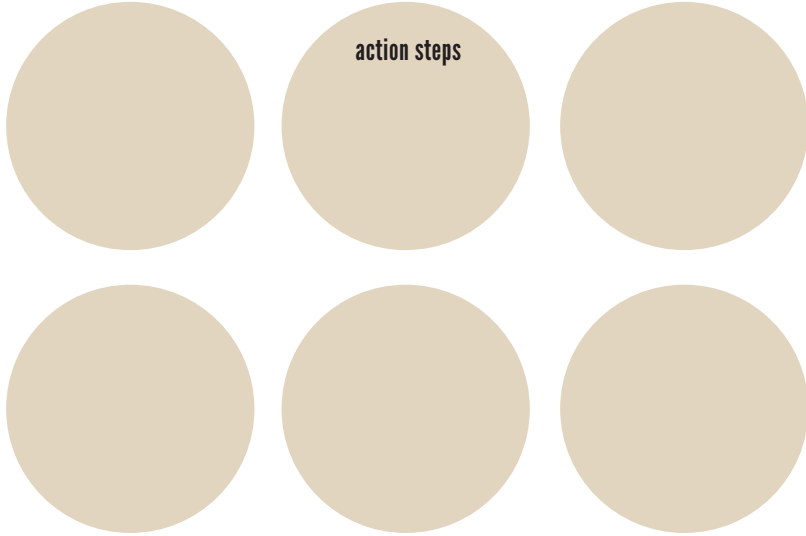
And don't forget that in between goals is a thing called life that has to be lived and enjoyed.

FEBRUARY

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



monthly goal



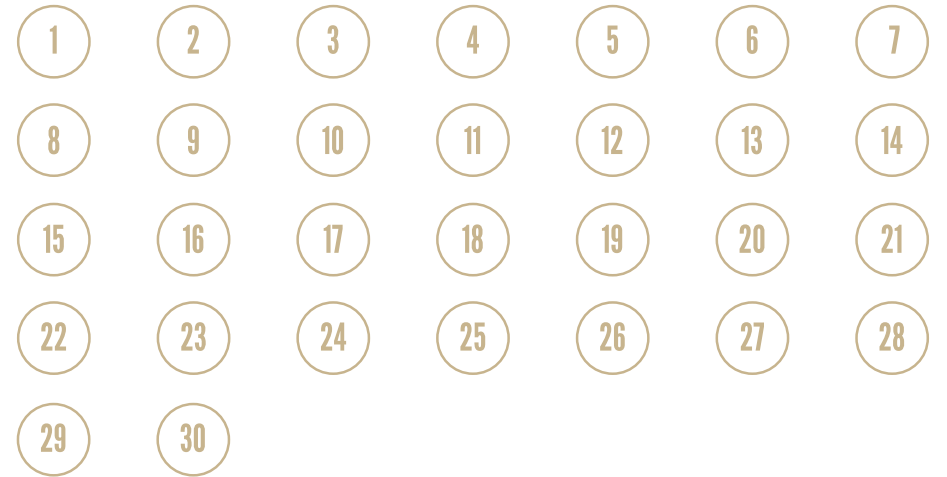
action steps

# 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.**

# FEB 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

This month, I commit to:

29

30

31

1

2

groundhog day

3

4

NOTES

5

6

7

8

9

10

11

12

13

mardi gras

14

ash wednesday  
valentine's day

15

16

17

18

19

president's day

20

21

22

23

24

25

26

27

28

1

2

3

4

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

This week, I commit to:			
5			
6			
7			
8			
9			
10			
11			
12			
1			
2			
3			
4			
5			
6			
7			

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

FEB 12-18

MONDAY 12

TUESDAY 13

WEDNESDAY 14

THURSDAY 15

FRIDAY 16

SATURDAY 17

SUNDAY 18

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

This week, I commit to:			
5			
6			
7			
8			
9			
10			
11			
12			
1			
2			
3			
4			
5			
6			
7			

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

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

Grid of dotted lines for notes.

Calendar grid for Thursday 22 through Sunday 25, with a vertical hour column on the left.



FEB 26-MAR 4

MONDAY 26

TUESDAY 27

WEDNESDAY 28

THURSDAY 1

FRIDAY 2

SATURDAY 3

SUNDAY 4

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

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

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