

# step 1: my vision

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

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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.

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**spiritual health**

**personal growth**

**career**

**home**

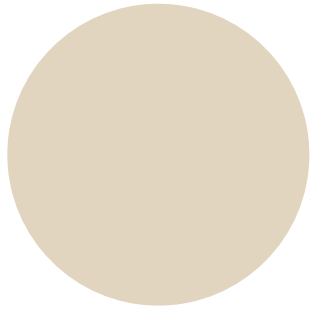
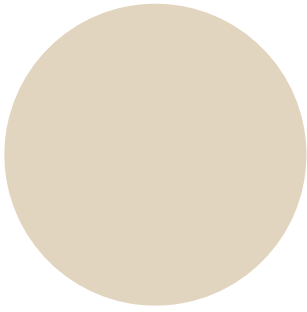
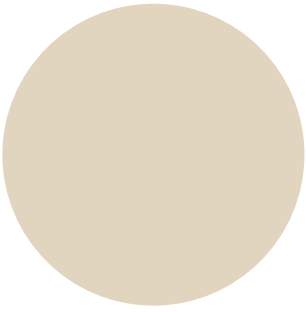
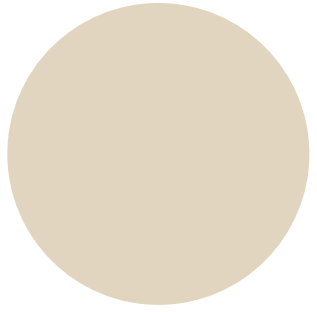
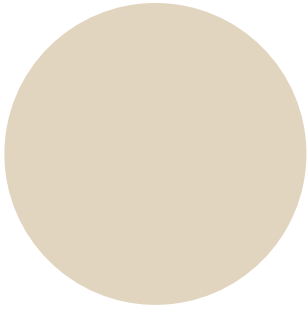
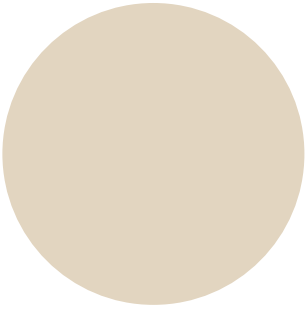
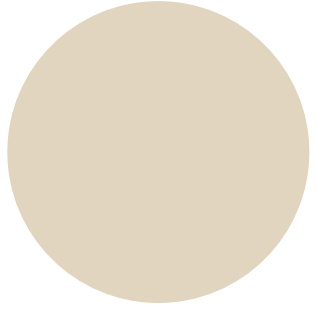
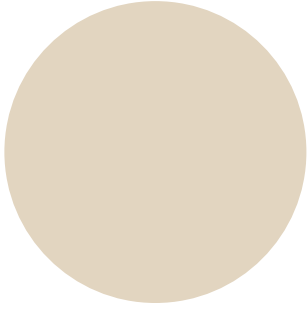
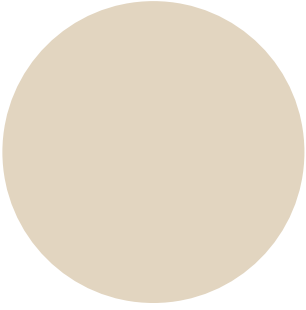
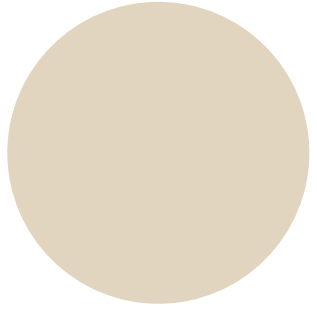
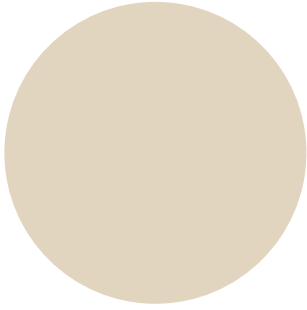
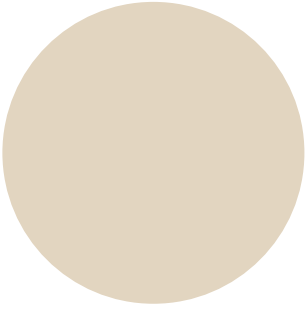
**community**

**finances**

# step 2: my monthly goals overview

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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"/>			
<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.

# notes projects journal



**MARCH**

**START  
SMALL.  
START  
SIMPLE.  
START NOW.**

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.**



# MAR 2018

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

26

27

28

NOTES

5

6

7

12

13

14

19

20

21

26

27

28

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1

2

3

4

8

international women's day

9

10

11

daylight saving time begins

15

16

17

st. patrick's day

18

22

23

24

25

29

30

good friday

31

1

MAR 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

MAR 12-18

MONDAY 12

TUESDAY 13

WEDNESDAY 14

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 15

FRIDAY 16

SATURDAY 17

SUNDAY 18

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

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 22

FRIDAY 23

SATURDAY 24

SUNDAY 25

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7



MAR 26-APR 1

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 29

FRIDAY 30

SATURDAY 31

SUNDAY 1

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