

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

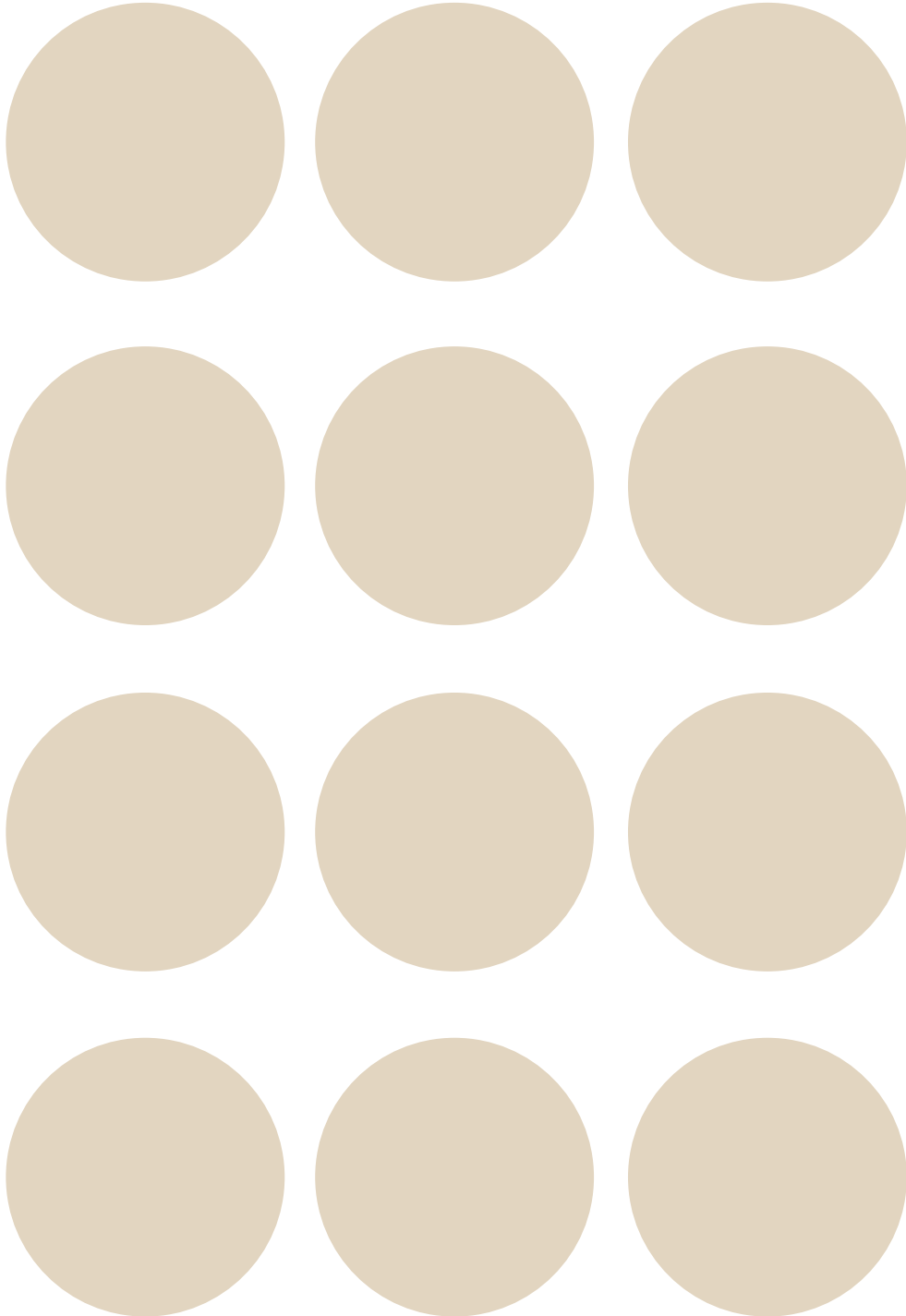
adventure / travel

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

Remember: small steps = big results. Your daily to-do list should be determined by your overall goal.

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		
<input type="checkbox"/>	4		
<input type="checkbox"/>	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!

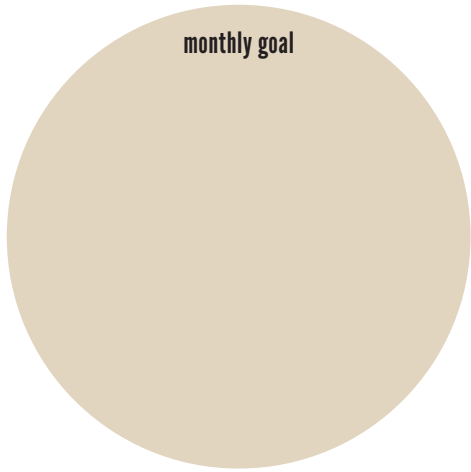
step 5: share your goals

with friends and family and online using #commit30.

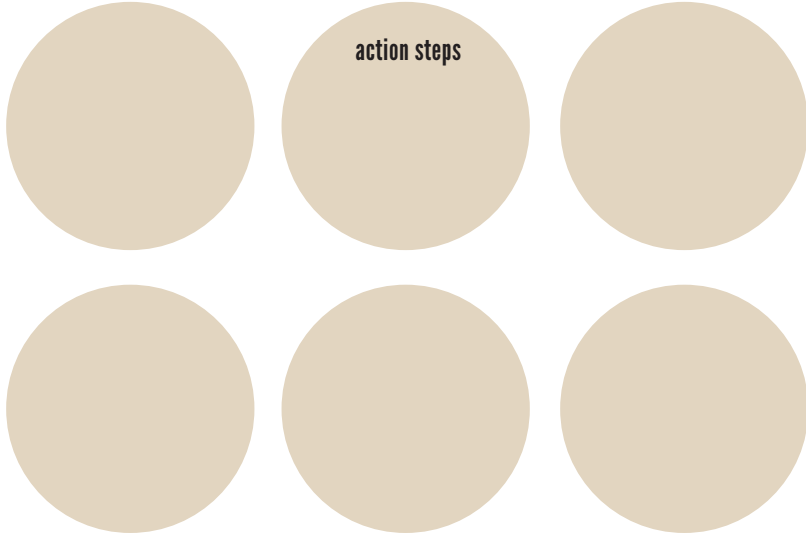
And don't forget that in between goals is a thing called life that has to be lived and enjoyed.

MARCH

START
SMALL.
START
SIMPLE.
START NOW.



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.

MAR 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

This month, I commit to:

26

27

28

1

2

3

4

NOTES

5

6

7

8

international women's day

9

10

11

daylight saving time begins

12

13

14

15

16

17

st. patrick's day

18

19

20

21

22

23

24

25

26

27

28

29

30

good friday

31

1

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

MAR 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

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			

MAR 19-25

MONDAY 19

TUESDAY 20

WEDNESDAY 21

THURSDAY 22

FRIDAY 23

SATURDAY 24

SUNDAY 25

This week, I commit to:

LIFE TO DO

WORK TO DO

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

NOTES

Grid of dotted lines for notes.

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

THURSDAY 29

FRIDAY 30

SATURDAY 31

SUNDAY 1

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