

3 COMMIT

30-DAY CHALLENGE

This month, I commit to:

.....

.....

.....

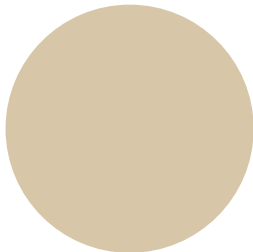
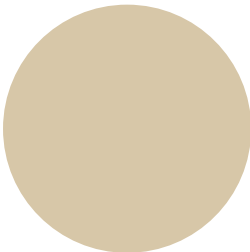
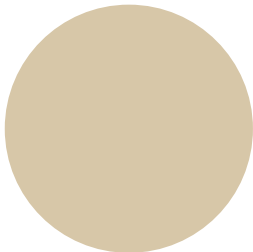
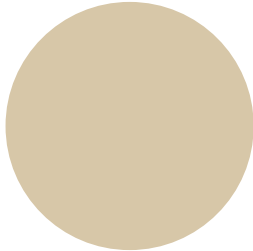
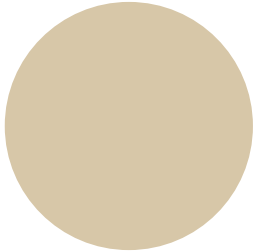
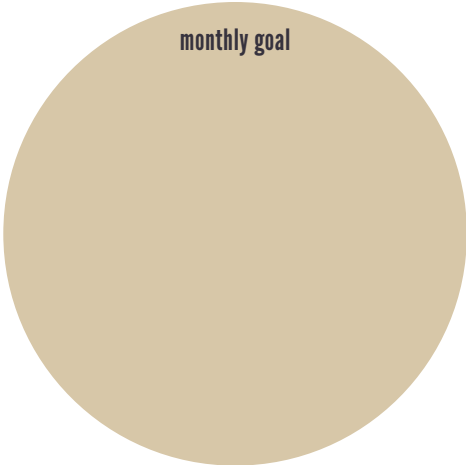
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

My reward:

.....

.....

commit. plan. succeed.



This month I did / did not reach my goal. Why?

.....
.....

Overall I would rate my effort towards my goal (1→10)

.....
.....
.....

Next steps:

JANUARY

JAN

**THERE ARE
SEVEN DAYS
IN THE WEEK
AND SOMEDAY
ISN'T ONE OF
THEM.**

FEBRUARY

**A GOAL
WITHOUT A
PLAN IS JUST
A WISH.**

FEB

MARCH

**NOTHING
WILL MAKE YOU
FEEL BETTER
EXCEPT DOING
THE WORK**

MAR

APRIL

COMMITMENT
MEANS STAYING
LOYAL TO WHAT
YOU SAID YOU WERE
GOING TO DO LONG
AFTER THE MOOD
YOU SAID IT IN HAS
LEFT YOU.

APR

MAY

**IF YOU CAN'T
STOP THINKING
ABOUT IT, DON'T
STOP WORKING
FOR IT.**

MAY

JUNE

JUN

**GREAT THINGS
NEVER CAME
FROM COMFORT
ZONES.**

JULY

**THERE ARE ONLY
TWO OPTIONS:
MAKE PROGRESS
OR MAKE
EXCUSES.**

JUL

AUGUST

**DON'T THINK ABOUT WHAT
CAN HAPPEN IN A MONTH.
DON'T THINK ABOUT WHAT
CAN HAPPEN IN A YEAR.
JUST FOCUS ON THE 24
HOURS IN FRONT OF YOU
AND DO WHAT YOU CAN TO
GET CLOSER TO WHERE YOU
WANT TO BE.**

SEPTEMBER

**THERE IS NO
ELEVATOR TO
SUCCESS.
YOU HAVE
TO TAKE THE
STAIRS.**

OCTOBER

**BE STUBBORN
ABOUT YOUR
GOALS AND
FLEXIBLE ABOUT
YOUR METHODS.**

NOVEMBER

NOV

**THIS DAY
WILL NEVER
HAPPEN
AGAIN.
MAKE THE
MOST OF IT.**

DECEMBER

ASK YOURSELF IF
WHAT YOU ARE
DOING TODAY
IS GETTING YOU
CLOSER TO WHERE
YOU WANT TO BE
TOMORROW.

DEC