

- 30 days of yoga
- 30 days of Whole30®
- 30 days of green smoothies
- 30 days of clearing clutter
- 30 days of no alcohol
- 30 days of meditation
- 30 days of creating
- 30 days of exercise
- 30 days of promoting my business
- 30 days of riding my bike to work
- 30 days of no sugar
- 30 days of family dinners
- 30 days of running
- 30 days of reading
- 30 days of spring cleaning
- 30 days of 10,000 steps
- 30 days of no soda
- 30 days of no shopping
- 30 days of writing
- 30 days of no caffeine
- 30 days of drinking a gallon of H<sub>2</sub>O
- 30 days of gratitude
- 30 days of journaling
- 30 days of random acts of kindness
- 30 days of letter writing
- 30 days of no social media
- 30 days of no TV
- 30 days of .....

# 3 COMMIT

**commit. plan. succeed.**

**HELLO.** My name is:

.....

**This year I will:**

.....

.....

.....

**If found, please return to:**

.....

.....



[commit30.com](http://commit30.com)



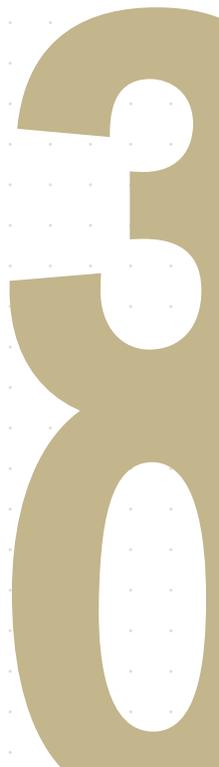
[/commit30](https://www.facebook.com/commit30)



[/commit30](https://www.instagram.com/commit30)



[/icommit30](https://twitter.com/commit30)



**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

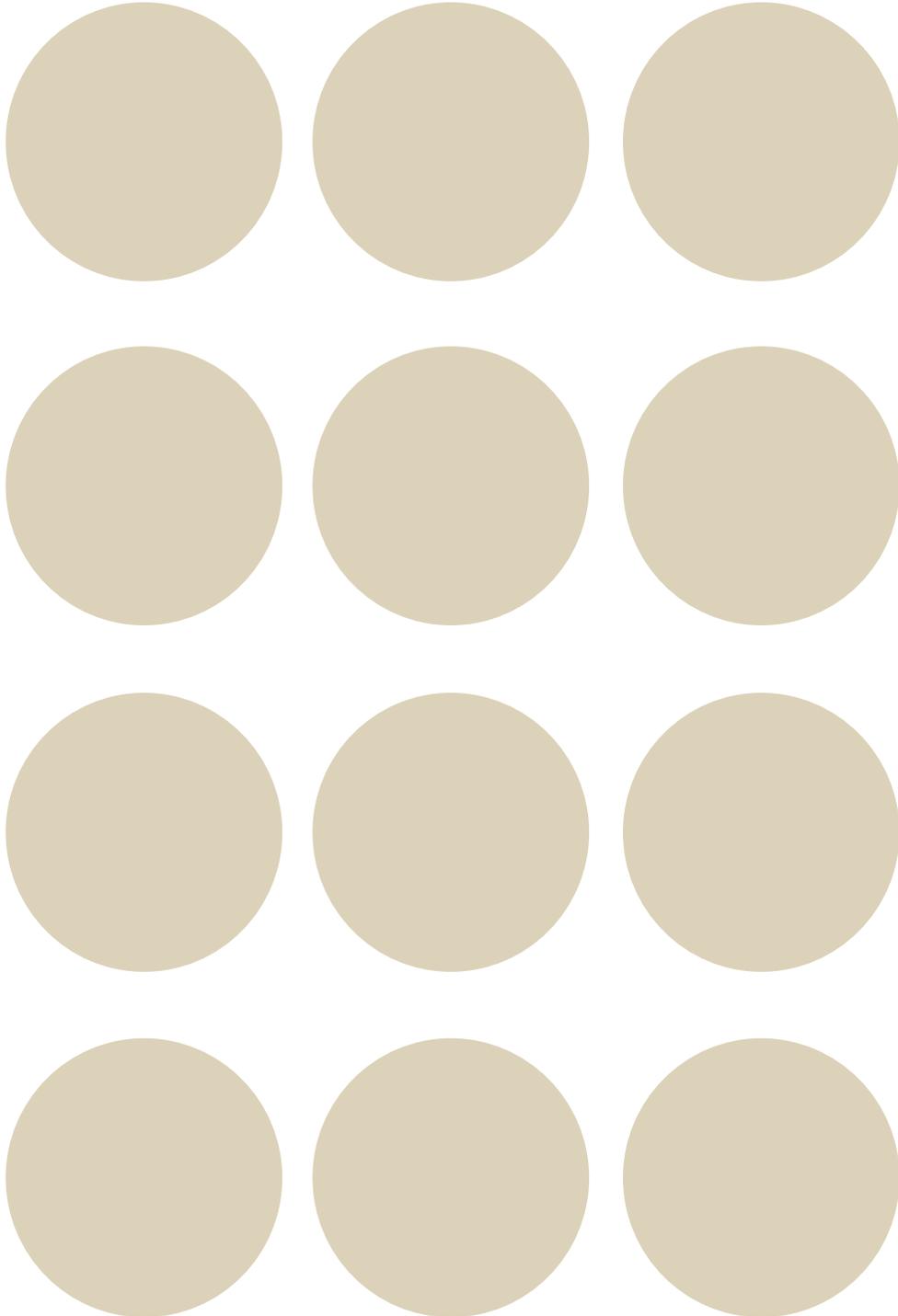
adventure / travel

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.

**JANUARY**

M	T	W	T	F	S	S
				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	31

**FEBRUARY**

M	T	W	T	F	S	S
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						

**MARCH**

M	T	W	T	F	S	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**JANUARY**

M	T	W	T	F	S	S
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23	24	25	26	27	28	29
30	31					

**FEBRUARY**

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**MARCH**

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20	21	22	23	24	25	26
27	28	29	30	31		

**APRIL**

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18	19	20	21	22	23	24
25	26	27	28	29	30	

**MAY**

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23	24	25	26	27	28	29
30	31					

**JUNE**

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**APRIL**

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**MAY**

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**JUNE**

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19	20	21	22	23	24	25
26	27	28	29	30		

**JULY**

M	T	W	T	F	S	S
				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	31

**AUGUST**

M	T	W	T	F	S	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
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**SEPTEMBER**

M	T	W	T	F	S	S
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**JULY**

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**AUGUST**

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21	22	23	24	25	26	27
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**SEPTEMBER**

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18	19	20	21	22	23	24
25	26	27	28	29	30	

**OCTOBER**

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24	25	26	27	28	29	30
31						

**NOVEMBER**

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**DECEMBER**

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26	27	28	29	30	31	

**OCTOBER**

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30	31					

**NOVEMBER**

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20	21	22	23	24	25	26
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**DECEMBER**

M	T	W	T	F	S	S
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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	31

U.S. HOLIDAYS

JAN 1	New Year's Day	MAR 25	Good Friday	JUN 16	Father's Day
JAN 18	Martin Luther King Jr. Day	MAR 27	Easter Sunday	JUL 4	Independence Day
FEB 14	Valentine's Day	MAY 8	Mother's Day	SEP 5	Labor Day
FEB 15	Presidents' Day	MAY 30	Memorial Day	OCT 10	Explorers Day

OCT 31	Halloween	NOV 11	Veterans Day	NOV 24	Thanksgiving Day
		DEC 25	Christmas Day		

U.S. HOLIDAYS

JAN 1	New Year's Day	APR 14	Good Friday	JUN 18	Father's Day
JAN 16	Martin Luther King Jr. Day	APR 16	Easter Sunday	JUL 4	Independence Day
FEB 14	Valentine's Day	MAY 14	Mother's Day	SEP 4	Labor Day
FEB 20	Presidents' Day	MAY 29	Memorial Day	OCT 9	Explorers Day

OCT 31	Halloween	NOV 11	Veterans Day	NOV 23	Thanksgiving Day
		DEC 25	Christmas Day		

NOTES

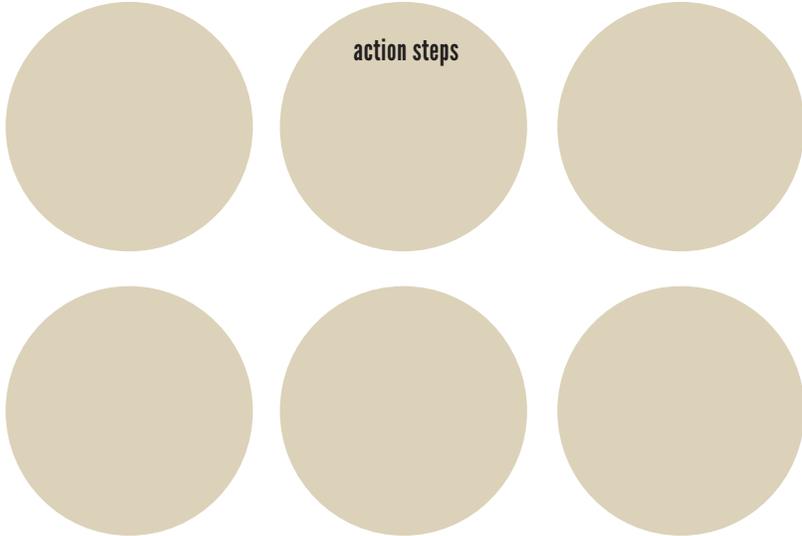
NOTES

DECEMBER

**DON'T  
WISH FOR  
IT, WORK  
FOR IT.**



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.**

# DEC 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

This month, I commit to:

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winter solstice

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23

24

christmas eve  
hanukkah begins

25

christmas day

26

kwanzaa begins

27

28

29

30

31

1

hanukkah ends  
kwanzaa ends



# DECEMBER

MONDAY 5

TUESDAY 6

WEDNESDAY 7

THURSDAY 8

FRIDAY 9

SATURDAY 10

SUNDAY 11

This week, I commit to:

## LIFE TO DO

## WORK TO DO

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# DECEMBER

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

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This week, I commit to:

LIFE TO DO

WORK TO DO

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# NOTES

A large grid of small dots for taking notes, covering the majority of the page below the header.