3 COMMIT

commit. plan. succeed.

HELLO. My name is:

....

This year I will:

....

....

....

If found, please return to:

....

....

commit30.com   /commit30

/commit30   /icommit30

3
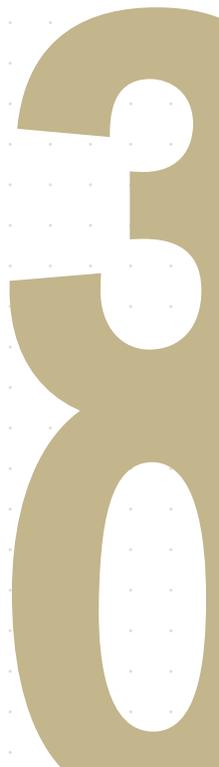
Within each circle ask yourself what is most important to you and what you can do to improve upon these areas for a more balanced life.

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
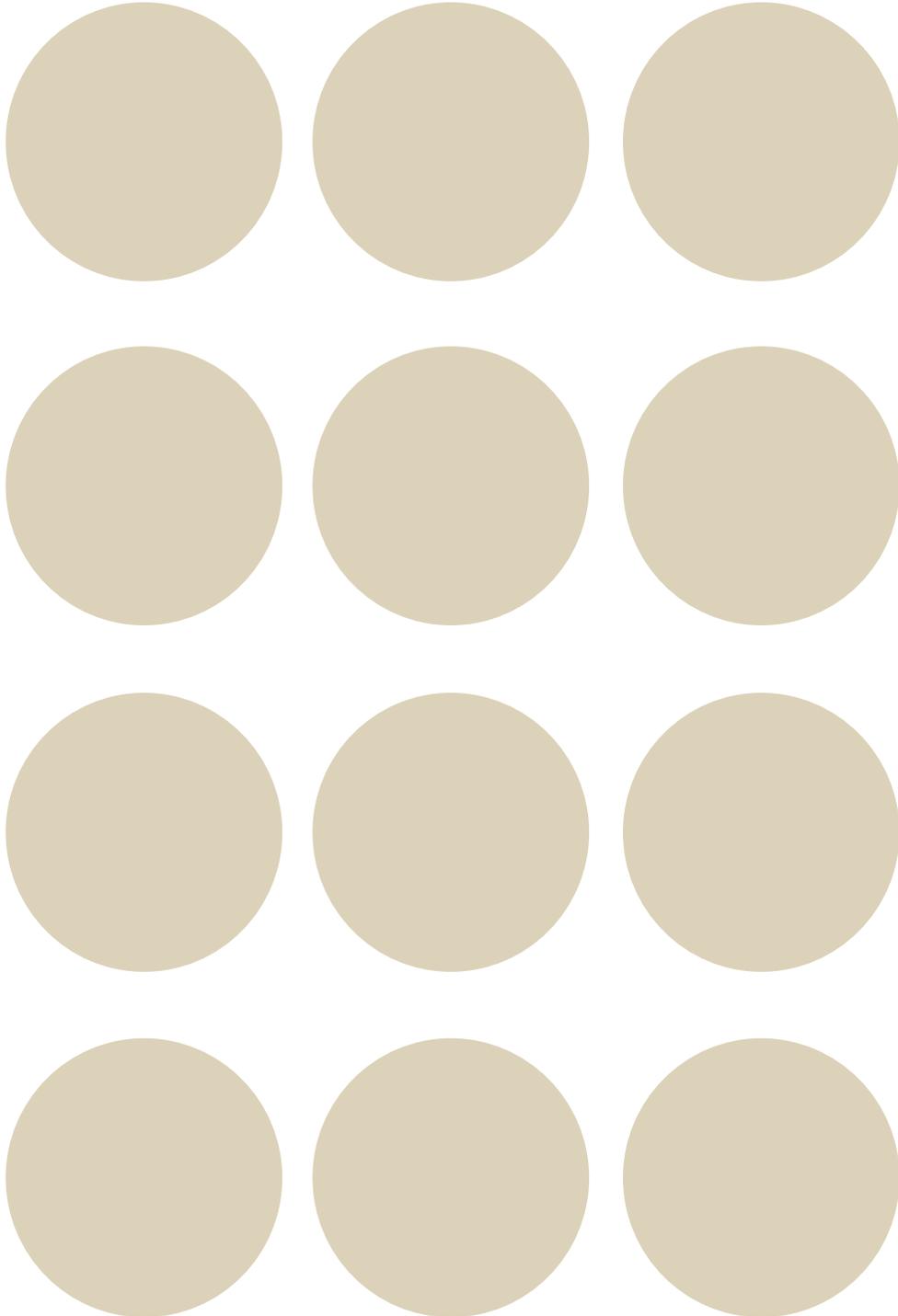
step 3: my daily action steps

Plan out your days the night before and set realistic, achieveable 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

JANUARY	MONDAY 2	TUESDAY 3	WEDNESDAY 4
This week, I commit to:			

LIFE TO DO

Life to do list

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

6
7
8
9
10
11
12
1
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3
4
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6
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WORK TO DO

Work to do list

Three special rows for top 3 categories

EXAMPLES
- Top 3 to do

- Breakfast
  Lunch
  Dinner

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!

① ✔ ② ✔ ③ ✔ ④ ✔ ⑤ ✔ ⑥ ✔ ⑦ ✔

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.

2016

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
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						

MARCH
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL
M	T	W	T	F	S	S
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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					

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JULY
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24	25	26	27	28	29	30
31						

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28	29	30				

DECEMBER
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26	27	28	29	30	31	

2017

JANUARY
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FEBRUARY
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27	28					

MARCH
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6	7	8	9	10	11	12
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APRIL
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MAY
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JUNE
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12	13	14	15	16	17	18
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JULY
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AUGUST
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7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER
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	

OCTOBER
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER
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			

DECEMBER
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

U.S. HOLIDAYS (2016)

Date	Holiday
JAN 1	New Year's Day
JAN 18	Martin Luther King Jr. Day
FEB 14	Valentine's Day
FEB 15	Presidents' Day
MAR 25	Good Friday
MAR 27	Easter Sunday
MAY 8	Mother's Day
MAY 30	Memorial Day
JUN 16	Father's Day
JUL 4	Independence Day
SEP 5	Labor Day
OCT 10	Explorers Day
OCT 31	Halloween
NOV 11	Veterans Day
NOV 24	Thanksgiving Day
DEC 25	Christmas Day

U.S. HOLIDAYS (2017)

Date	Holiday
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JUN 18	Father's Day
JUL 4	Independence Day
SEP 4	Labor Day
OCT 9	Explorers Day
OCT 31	Halloween
NOV 11	Veterans Day
NOV 23	Thanksgiving Day
DEC 25	Christmas Day

NOTES

NOTES

DON'T WISH FOR IT, WORK FOR IT.

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:

....

....
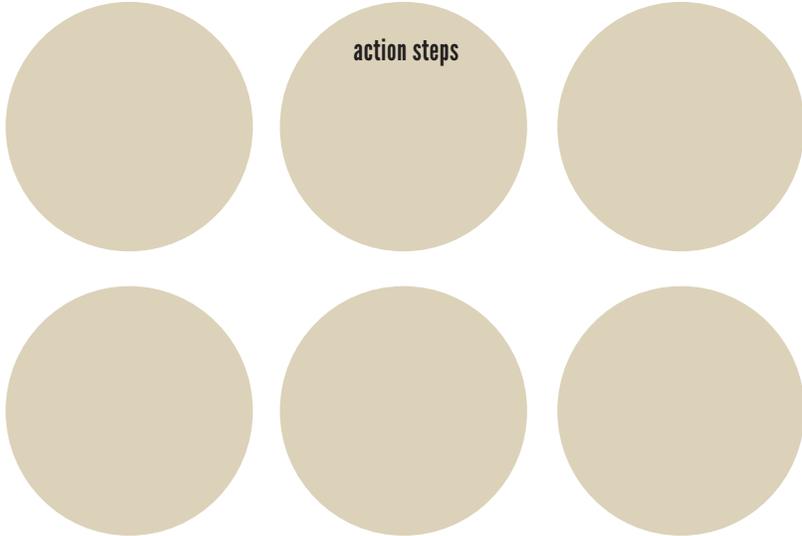
3
C0MMIT
30-DAY CHALLENGE

This month, I commit to:

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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.

DEC 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
This month, I commit to:	28	29	30	1	2	3	4
NOTES	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21 winter solstice	22	23	24 christmas eve hanukkah begins	25 christmas day
	26 kwanzaa begins	27	28	29	30	31	1 hanukkah ends kwanzaa ends

DEC

NOV / DEC

	MONDAY 28	TUESDAY 29	WEDNESDAY 30
This week, I commit to:			

LIFE TO DO

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WORK TO DO

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	THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4

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NOTES

This week, I commit to:

LIFE TO DO

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WORK TO DO

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NOTES

This week, I commit to:

LIFE TO DO

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WORK TO DO

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NOTES

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DECEMBER

	MONDAY 19	TUESDAY 20	WEDNESDAY 21
This week, I commit to:			

LIFE TO DO

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WORK TO DO

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THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25

Hours column (left page): 6, 7, 8, 9, 10, 11, 12, 1, 2, 3, 4, 5, 6, 7, 8

Hours column (right page): 6, 7, 8, 9, 10, 11, 12, 1, 2, 3, 4, 5, 6, 7, 8

NOTES

DEC / JAN

	MONDAY **26**	TUESDAY **27**	WEDNESDAY **28**		THURSDAY **29**	FRIDAY **30**	SATURDAY **31**	SUNDAY **1**
This week, I commit to:								

LIFE TO DO

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WORK TO DO

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

NOTES