

# 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**

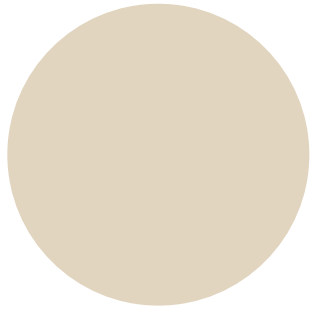
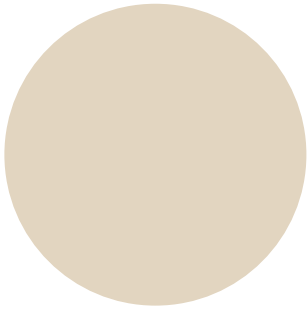
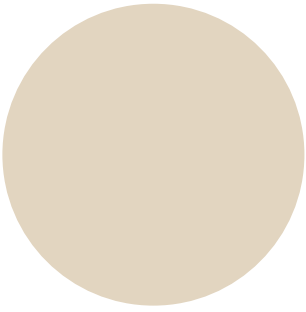
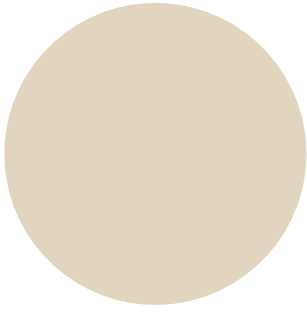
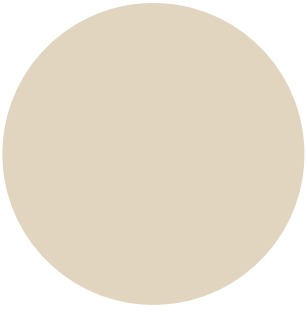
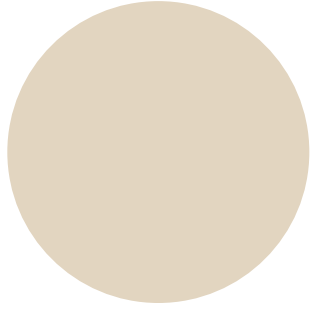
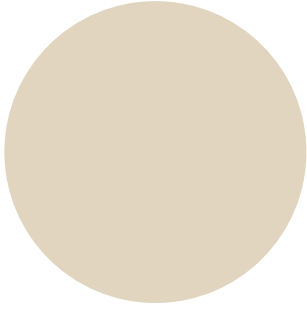
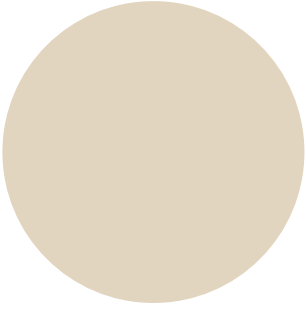
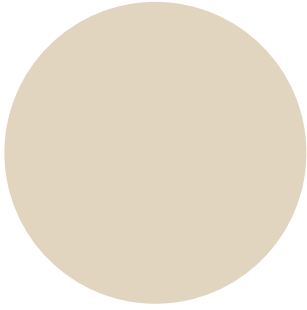
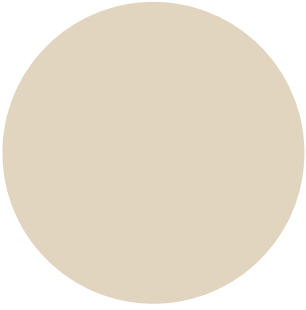
**community**

**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:			
<b>LIFE TO DO</b>		Remember: small steps = big results. Your daily to-do list should be determined by your overall goal.	
<input type="checkbox"/>	6		
<input type="checkbox"/>	7		
<input type="checkbox"/>	8		
<input type="checkbox"/>	9		
<input type="checkbox"/>	10		
<input type="checkbox"/>	11		
<input type="checkbox"/>	12		
<b>WORK TO DO</b>	1		
<input type="checkbox"/>	2		
<input type="checkbox"/>	3		
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<input type="checkbox"/>	5		
<input type="checkbox"/>	6		
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<input type="checkbox"/>	8		
<b>NOTES</b>			
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.

# 2017

## 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					

## MARCH

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		

## APRIL

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

## MAY

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				

## JUNE

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		

## 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	8	9	10	11	12	13
14	15	16	17	18	19	20
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

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					

## 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

JAN 1 New Year's Day  
 JAN 16 Martin Luther King Jr. Day  
 FEB 14 Valentine's Day  
 FEB 20 Presidents' Day

APR 14 Good Friday  
 APR 16 Easter Sunday  
 MAY 14 Mother's Day  
 MAY 29 Memorial Day

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

A large grid of dotted lines for taking notes.

## 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				

## MARCH

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	

## APRIL

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						

## MAY

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			

## JUNE

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	

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					1	2
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17	18	19	20	21	22	23
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## OCTOBER

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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
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

JAN 1 New Year's Day  
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 FEB 14 Valentine's Day  
 FEB 19 Presidents' Day

MAR 30 Good Friday  
 APR 1 Easter Sunday  
 MAY 13 Mother's Day  
 MAY 28 Memorial Day

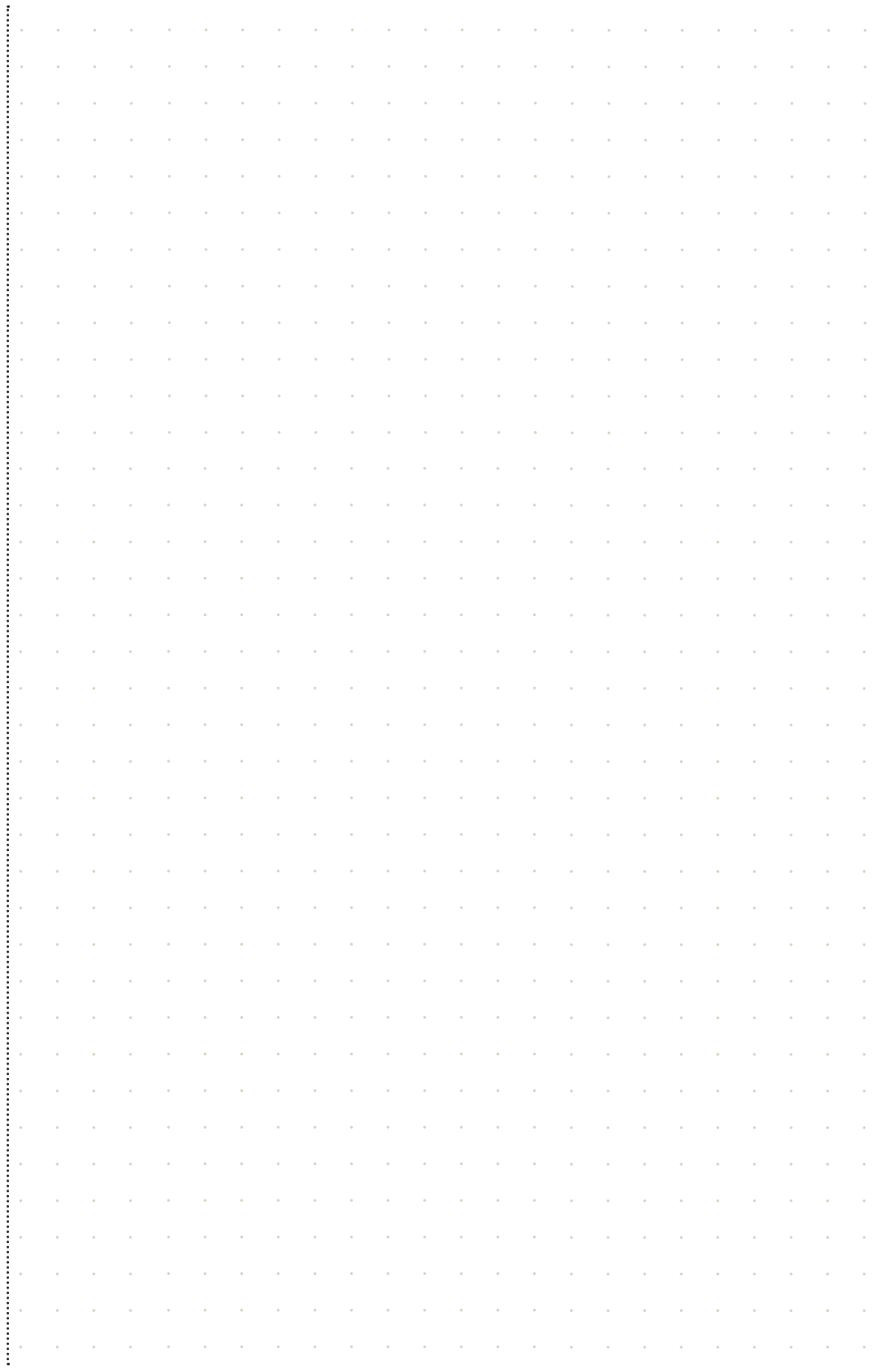
JUN 17 Father's Day  
 JUL 4 Independence Day  
 SEP 3 Labor Day  
 OCT 8 Explorers Day

OCT 31 Halloween  
 NOV 11 Veterans Day  
 NOV 22 Thanksgiving Day  
 DEC 25 Christmas Day

## NOTES

A large grid of dotted lines for taking notes, spanning the width of the page below the 'NOTES' header.

notes projects journal



**JANUARY**

**START WHERE  
YOU ARE.  
USE WHAT  
YOU HAVE.  
DO WHAT  
YOU CAN.**



**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.**

# JAN 2017

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

26

27

28

NOTES

2

3

4

9

10

11

16

*martin luther king jr. day*

17

18

23

24

25

30

31

1

THURSDAY

FRIDAY

SATURDAY

SUNDAY

29

30

31

1

new year's day  
kwanzaa ends

5

6

7

8

12

13

14

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28

29

2

3

4

5

This week, I commit to:

LIFE TO DO

6

7

8

9

10

11

12

1

2

3

4

WORK TO DO

5

6

7

8

NOTES

THURSDAY 29

FRIDAY 30

SATURDAY 31

SUNDAY 1

	THURSDAY 29	FRIDAY 30	SATURDAY 31	SUNDAY 1
6				
7				
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1				
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6				
7				
8				

# JANUARY

MONDAY 2

TUESDAY 3

WEDNESDAY 4

This week, I commit to:

## LIFE TO DO

6

7

8

9

10

11

12

1

2

3

4

## WORK TO DO

5

6

7

8

## NOTES

**THURSDAY 5**

**FRIDAY 6**

**SATURDAY 7**

**SUNDAY 8**

6  
7  
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7  
8

	THURSDAY 5	FRIDAY 6	SATURDAY 7	SUNDAY 8
6				
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# JANUARY

MONDAY 9

TUESDAY 10

WEDNESDAY 11

This week, I commit to:

## LIFE TO DO

6

7

8

9

10

11

12

1

2

3

## WORK TO DO

4

5

6

7

8

NOTES

**THURSDAY 12**

**FRIDAY 13**

**SATURDAY 14**

**SUNDAY 15**

6			
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7			
8			

# JANUARY

MONDAY 16

TUESDAY 17

WEDNESDAY 18

This week, I commit to:

## LIFE TO DO

6

7

8

9

10

11

12

1

2

3

4

## WORK TO DO

5

6

7

8

NOTES

**THURSDAY 19**

**FRIDAY 20**

**SATURDAY 21**

**SUNDAY 22**

6			
7			
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# JANUARY

MONDAY 23

TUESDAY 24

WEDNESDAY 25

This week, I commit to:

## LIFE TO DO

6

7

8

9

10

11

12

1

2

3

4

## WORK TO DO

5

6

7

8

NOTES

**THURSDAY 26**

**FRIDAY 27**

**SATURDAY 28**

**SUNDAY 29**

6			
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This week, I commit to:

LIFE TO DO

WORK TO DO

6

7

8

9

10

11

12

1

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7

8

NOTES

THURSDAY 2

FRIDAY 3

SATURDAY 4

SUNDAY 5

6			
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# notes projects journal

