

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

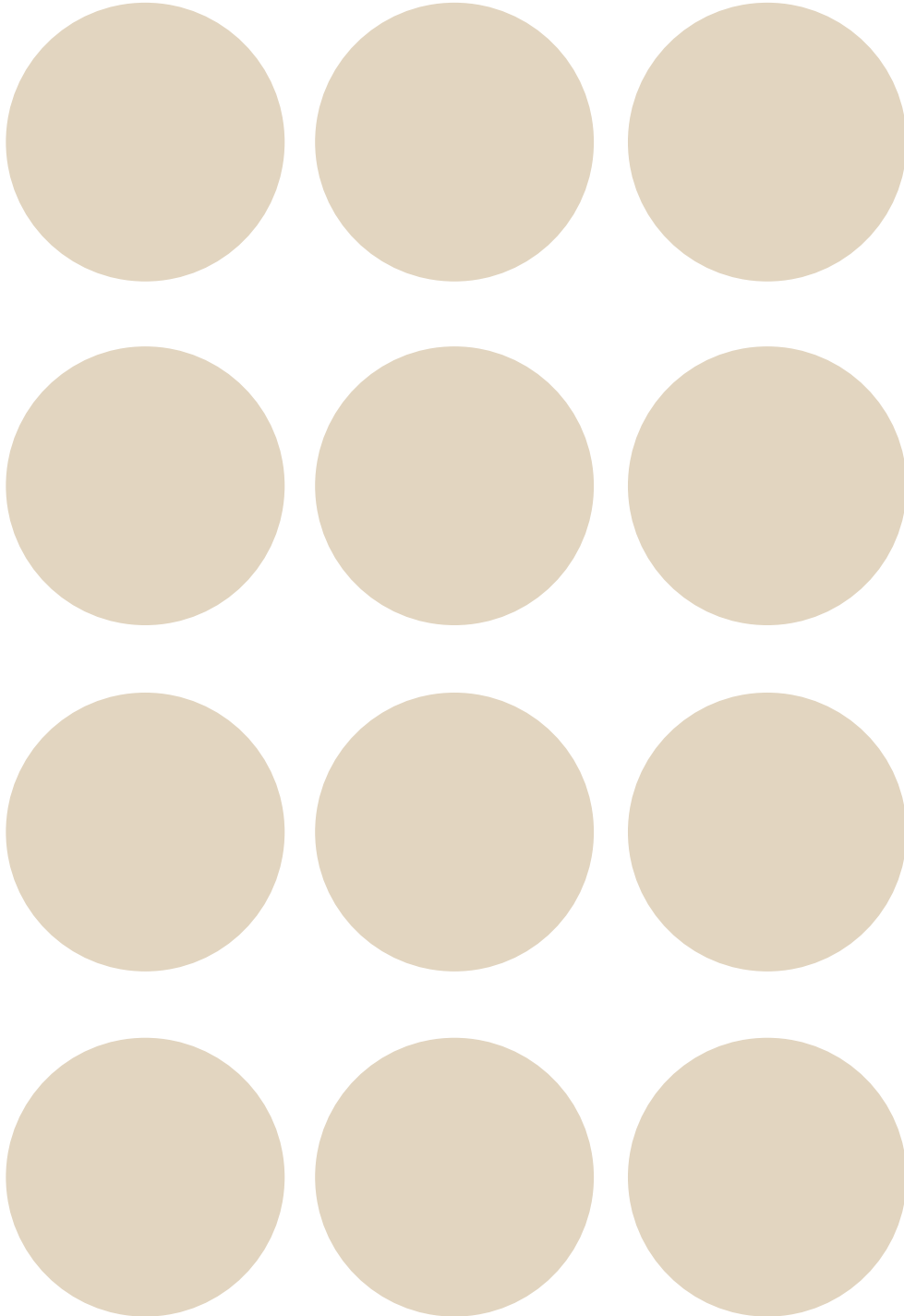
adventure / travel

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

JANUARY **MONDAY 2** **TUESDAY 3** **WEDNESDAY 4**

This week, I commit to:

LIFE TO DO

6

7

8

9

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11

12

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WORK TO DO

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NOTES

Blank space / doodles / grocery list

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

Life to do list

Work to do 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!

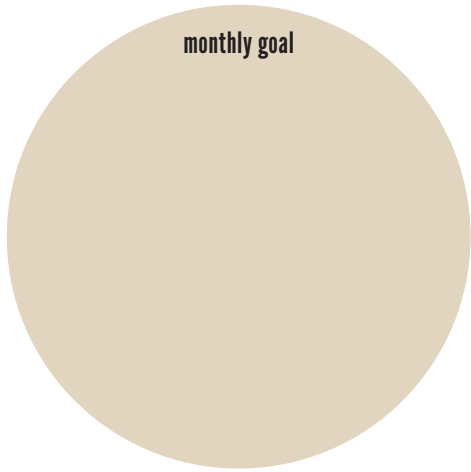
step 5: share your goals

with friends and family and online using #commit30.

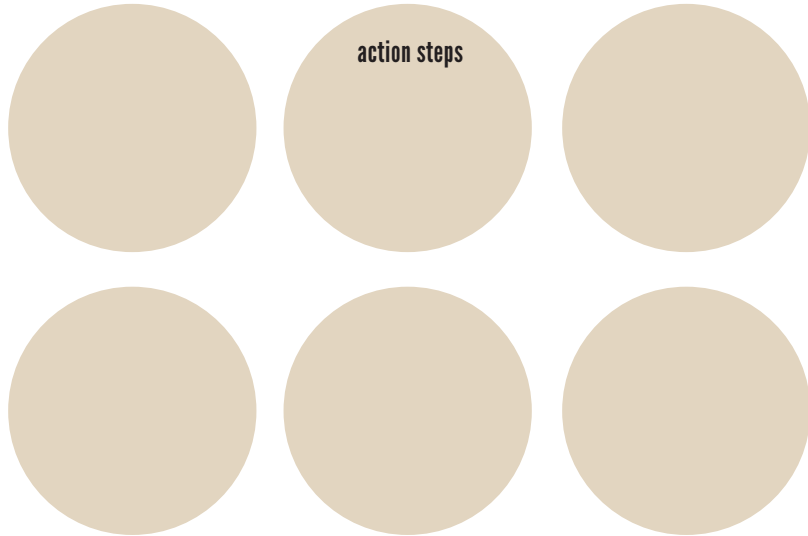
And don't forget that in between goals is a thing called life that has to be lived and enjoyed.

JANUARY

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



monthly goal



action steps

3 COMMIT

30-DAY CHALLENGE

This month, I commit to:

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

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

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Next steps:

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My reward:

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.....

commit. plan. succeed.

JAN 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

This month, I commit to:

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new year's day
kwanzaa ends

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martin luther king jr. day

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This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

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JANUARY

MONDAY 2

TUESDAY 3

WEDNESDAY 4

THURSDAY 5

FRIDAY 6

SATURDAY 7

SUNDAY 8

This week, I commit to:

LIFE TO DO

WORK TO DO

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JANUARY

MONDAY 9

TUESDAY 10

WEDNESDAY 11

THURSDAY 12

FRIDAY 13

SATURDAY 14

SUNDAY 15

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

Grid of dotted lines for notes.

Calendar grid for Thursday 12, Friday 13, Saturday 14, and Sunday 15. Includes a 'This week, I commit to:' header and a 'LIFE TO DO' section with checkboxes and a numbered list (6-10) for each day.

JANUARY

MONDAY 16

TUESDAY 17

WEDNESDAY 18

THURSDAY 19

FRIDAY 20

SATURDAY 21

SUNDAY 22

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

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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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