

# 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

12 months / 12 goals (Use each month's goal setting page to create detailed action steps for each goal.)

The page contains a 4x3 grid of 12 large, empty, light-brown circles. These circles are intended for users to write their monthly goals. The circles are arranged in four rows and three columns, with equal spacing between them.

# 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:			
LIFE TO DO	6	Remember: small steps = big results. Your daily to-do list should be determined by your overall goal.	
	7		
	8		
	9		
	10		
	11		
	12		
	1		
WORK TO DO	2		
	3		
	4		
	5		
	6		
	7		
	8		
NOTES			
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.

# notes projects journal



**JANUARY**

**MOTIVATION  
IS WHAT GETS  
YOU STARTED.  
COMMITMENT  
IS WHAT KEEPS  
YOU GOING.**

**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 2018

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

1

new year's day  
kwanzaa ends

2

3

NOTES

8

9

10

15

martin luther king jr. day

16

17

22

23

24

29

30

31

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

4

5

6

7

11

12

13

14

18

19

20

21

25

26

27

28

1

2

3

4

JAN 1-7

MONDAY 1

TUESDAY 2

WEDNESDAY 3

This week, I commit to:

LIFE TO DO

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

WORK TO DO

NOTES

THURSDAY 4

FRIDAY 5

SATURDAY 6

SUNDAY 7

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

JAN 8-14

MONDAY 8

TUESDAY 9

WEDNESDAY 10

This week, I commit to:

LIFE TO DO

5

6

7

8

9

10

11

WORK TO DO

12

1

2

3

4

5

6

7

NOTES

Grid of dotted lines for notes.

THURSDAY 11

FRIDAY 12

SATURDAY 13

SUNDAY 14

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

This week, I commit to:

LIFE TO DO

5

6

7

8

9

10

11

12

1

2

3

WORK TO DO

4

5

6

7

NOTES

THURSDAY 18

FRIDAY 19

SATURDAY 20

SUNDAY 21

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



JAN 22-28

MONDAY 22

TUESDAY 23

WEDNESDAY 24

This week, I commit to:

LIFE TO DO

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

WORK TO DO

NOTES

**THURSDAY 25**

**FRIDAY 26**

**SATURDAY 27**

**SUNDAY 28**

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

JAN 29–FEB 4

MONDAY 29

TUESDAY 30

WEDNESDAY 31

This week, I commit to:

LIFE TO DO

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

WORK TO DO

NOTES

THURSDAY 1

FRIDAY 2

SATURDAY 3

SUNDAY 4

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

