

3
C**OMMIT**™

2018

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
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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

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9	10	11	12	13	14	15
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MAY

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JUNE

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

JULY

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

AUGUST

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER

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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

OCTOBER

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
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NOVEMBER

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DECEMBER

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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 15 Martin Luther King Jr. Day
 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.

JANUARY

M	T	W	T	F	S	S
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7	8	9	10	11	12	13
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FEBRUARY

M	T	W	T	F	S	S
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18	19	20	21	22	23	24
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MARCH

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

APRIL

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29	30					

MAY

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JUNE

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17	18	19	20	21	22	23
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JULY

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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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 21 Martin Luther King Jr. Day
 FEB 14 Valentine's Day
 FEB 18 Presidents' Day

APR 19 Good Friday
 APR 21 Easter Sunday
 MAY 12 Mother's Day
 MAY 27 Memorial Day

JUN 16 Father's Day
 JUL 4 Independence Day
 SEP 2 Labor Day
 OCT 14 Explorers Day

OCT 31 Halloween
 NOV 11 Veterans Day
 NOV 28 Thanksgiving Day
 DEC 25 Christmas Day

NOTES

A large grid of dotted lines for taking notes, spanning the width of the page below the U.S. HOLIDAYS section.

step 1: my vision

What do I want this year to look like? To feel like?

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.

spiritual health

personal growth

career

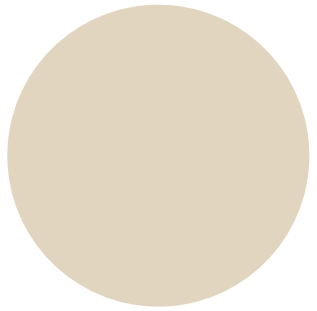
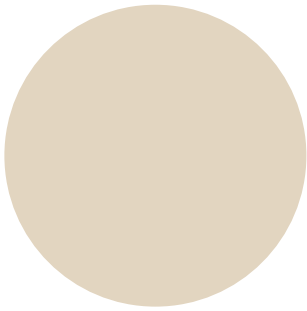
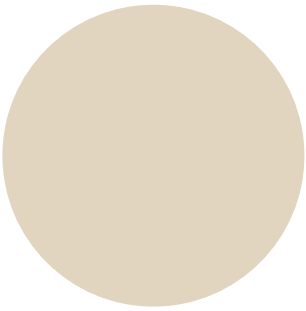
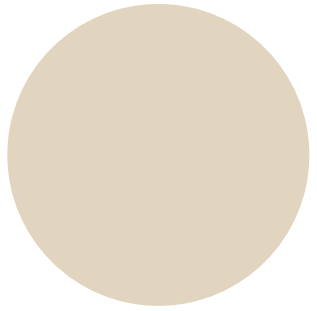
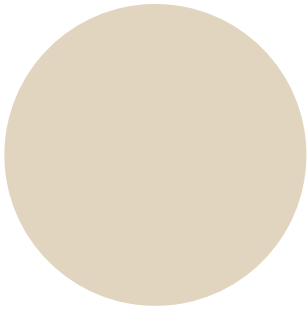
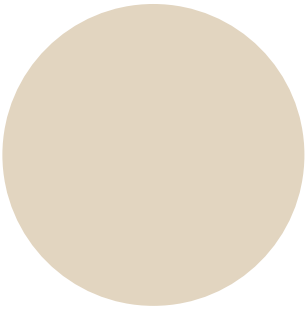
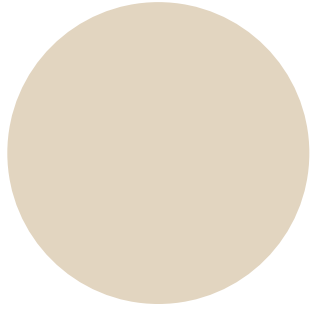
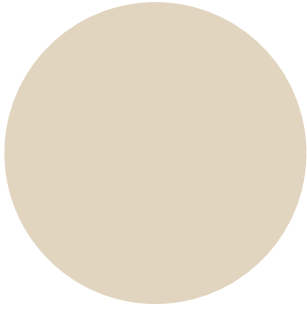
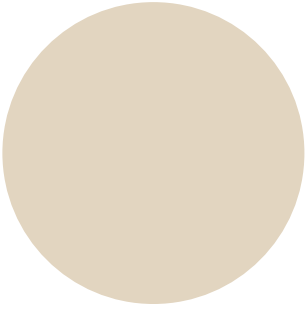
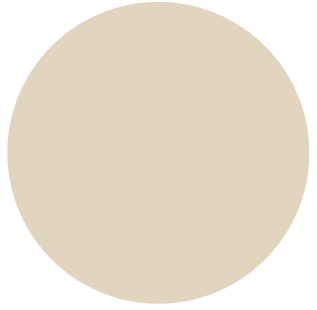
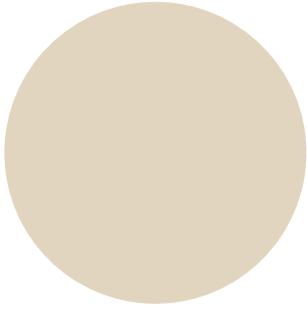
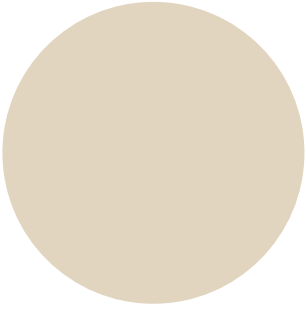
home

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.)



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.

2018 goals



JULY

**STRESS
IS A CHOICE.
JOY IS A
CHOICE.
CHOOSE
WISELY.**

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.

JUL 2018

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

25

26

27

NOTES

2

3

4

independence day

9

10

11

16

17

18

23

24

25

30

31

1

THURSDAY**FRIDAY****SATURDAY****SUNDAY**

28

29

30

1

5

6

7

8

12

13

14

15

19

20

21

22

26

27

28

29

2

3

4

5

JUL 2-8

MONDAY 2

TUESDAY 3

WEDNESDAY 4

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 5

FRIDAY 6

SATURDAY 7

SUNDAY 8

5			
6			
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This week, I commit to:

LIFE TO DO

5

6

7

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9

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11

12

1

2

3

WORK TO DO

4

5

6

7

NOTES

THURSDAY 12

FRIDAY 13

SATURDAY 14

SUNDAY 15

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7			

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 19

FRIDAY 20

SATURDAY 21

SUNDAY 22

5			
6			
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1			
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6			
7			

JUL 23-29

MONDAY 23

TUESDAY 24

WEDNESDAY 25

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 26

FRIDAY 27

SATURDAY 28

SUNDAY 29

5			
6			
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7			

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 2

FRIDAY 3

SATURDAY 4

SUNDAY 5

	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
5				
6				
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