

2018 JANUARY calendar grid

2018 FEBRUARY calendar grid

2018 MARCH calendar grid

2018 JANUARY calendar grid

2018 FEBRUARY calendar grid

2018 MARCH calendar grid

2018 APRIL calendar grid

2018 MAY calendar grid

2018 JUNE calendar grid

2018 APRIL calendar grid

2018 MAY calendar grid

2018 JUNE calendar grid

2018 JULY calendar grid

2018 AUGUST calendar grid

2018 SEPTEMBER calendar grid

2018 JULY calendar grid

2018 AUGUST calendar grid

2018 SEPTEMBER calendar grid

2018 OCTOBER calendar grid

2018 NOVEMBER calendar grid

2018 DECEMBER calendar grid

2018 OCTOBER calendar grid

2018 NOVEMBER calendar grid

2018 DECEMBER calendar grid

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

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

Notes section for 2018 with a grid of dots for writing.

NOTES

Notes section for 2019 with a grid of dots for writing.

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

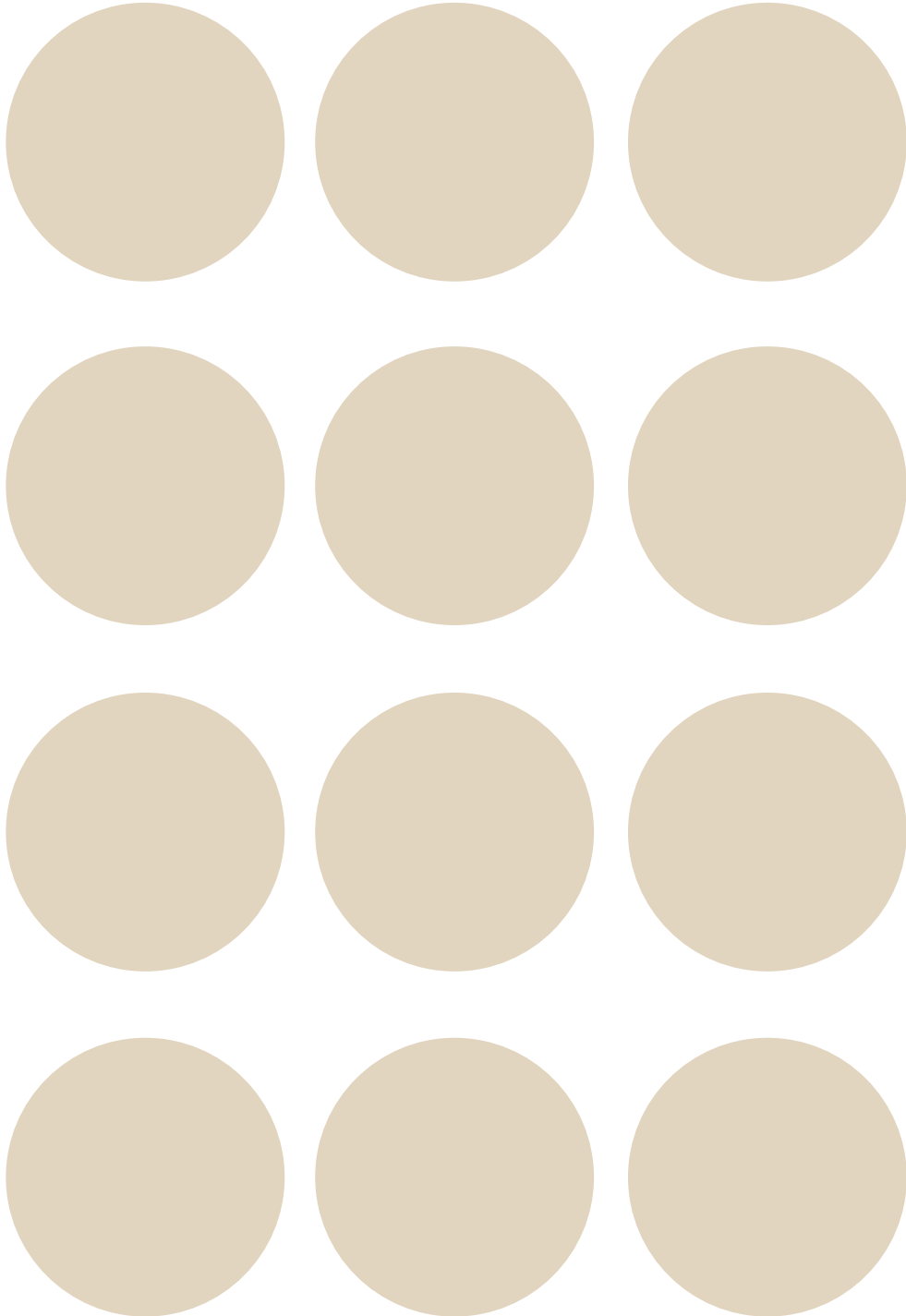
adventure / travel

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

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.	
<input type="checkbox"/>	7		
<input type="checkbox"/>	8		
<input type="checkbox"/>	9		
<input type="checkbox"/>	10		
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<input type="checkbox"/>	12		
<input type="checkbox"/>	1		
WORK TO DO	2		
<input type="checkbox"/>	3		
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<input type="checkbox"/>	6		
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<input type="checkbox"/>	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!

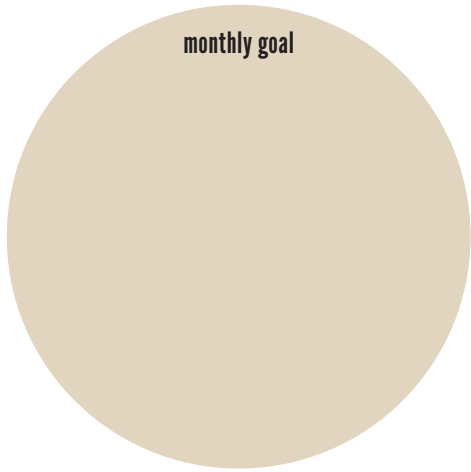
step 5: share your goals

with friends and family and online using #commit30.

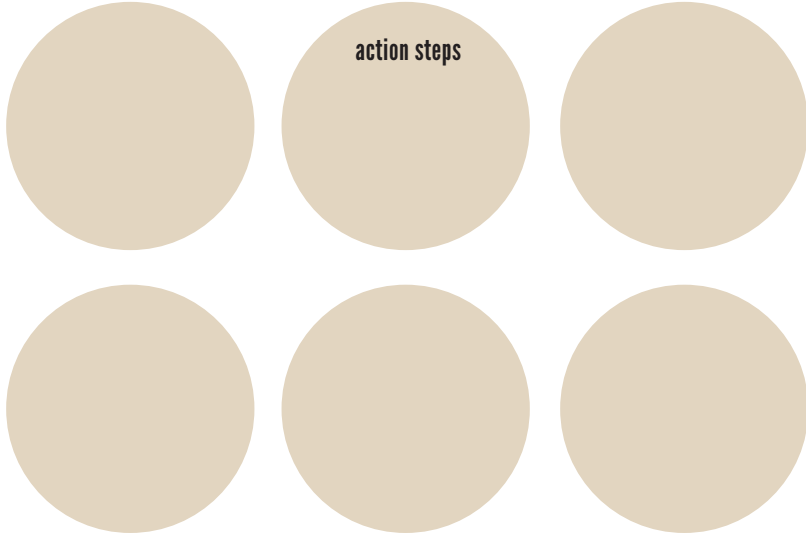
And don't forget that in between goals is a thing called life that has to be lived and enjoyed.

JULY

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



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:

.....
.....

My reward:

.....
.....

commit. plan. succeed.

JUL 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

This month, I commit to:

25

26

27

28

29

30

1

NOTES

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independence day

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JUL 2-8

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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WORK TO DO

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This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

Grid of dotted lines for notes.

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JUL 23-29

MONDAY 23

TUESDAY 24

WEDNESDAY 25

THURSDAY 26

FRIDAY 27

SATURDAY 28

SUNDAY 29

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

This week, I commit to:			
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This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

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