

2019

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 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 holidays section.

JANUARY							FEBRUARY							MARCH						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5						1	2							1
6	7	8	9	10	11	12	3	4	5	6	7	8	9	2	3	4	5	6	7	8
13	14	15	16	17	18	19	10	11	12	13	14	15	16	9	10	11	12	13	14	15
20	21	22	23	24	25	26	17	18	19	20	21	22	23	16	17	18	19	20	21	22
27	28	29	30	31			24	25	26	27	28	29		23	24	25	26	27	28	29
														30	31					

APRIL							MAY							JUNE						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30					

JULY							AUGUST							SEPTEMBER						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5						1	2		1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28	29	30	28	29	30				
							31													

OCTOBER							NOVEMBER							DECEMBER						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
			1	2	3	4							1		1	2	3	4	5	6
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
							30													

U.S. HOLIDAYS

JAN 1	New Year's Day	APR 10	Good Friday	JUN 21	Father's Day	OCT 31	Halloween
JAN 20	Martin Luther King Jr. Day	APR 12	Easter Sunday	JUL 4	Independence Day	NOV 11	Veterans Day
FEB 14	Valentine's Day	MAY 10	Mother's Day	SEP 7	Labor Day	NOV 26	Thanksgiving Day
FEB 17	Presidents' Day	MAY 25	Memorial Day	OCT 12	Explorers Day	DEC 25	Christmas Day

NOTES

A grid of dotted lines for taking notes, consisting of approximately 15 rows and 25 columns.

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

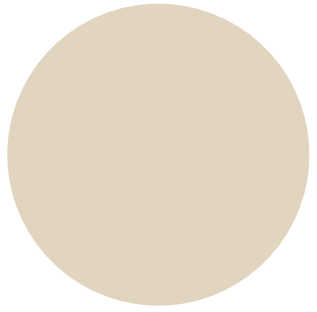
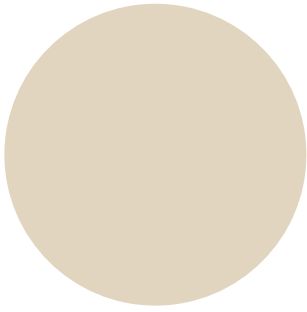
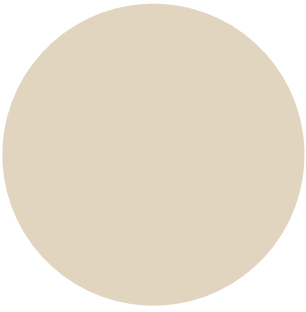
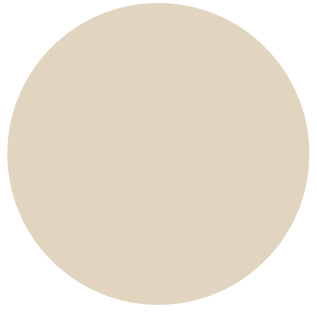
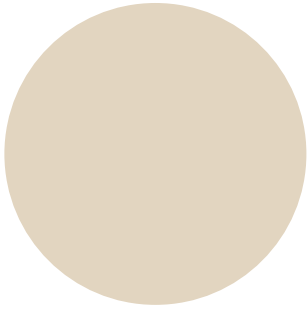
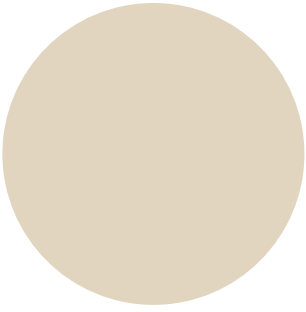
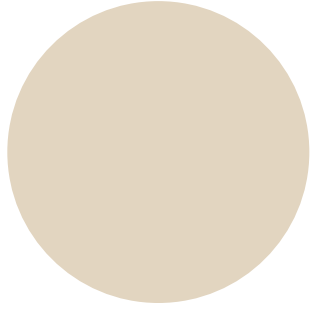
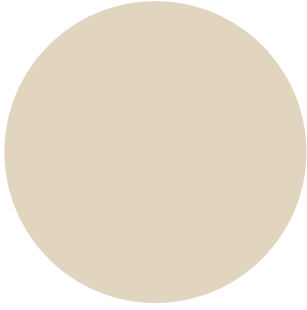
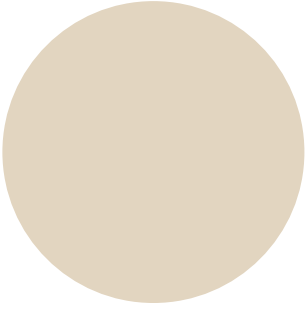
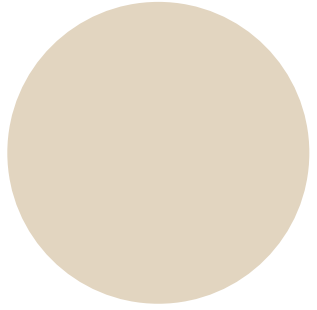
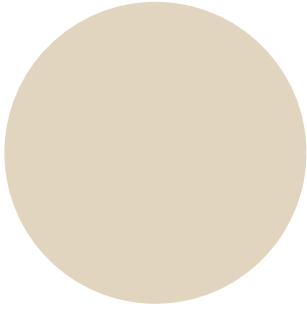
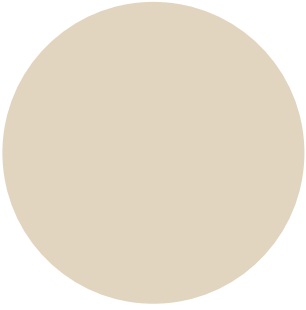
home

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.	
<input type="checkbox"/>	7		
<input type="checkbox"/>	8		
<input type="checkbox"/>	9		
<input type="checkbox"/>	10		
<input type="checkbox"/>	11		
<input type="checkbox"/>	12		
<input type="checkbox"/>	1		
	2		
	3		
	4		
WORK TO DO	5		
<input type="checkbox"/>	6		
<input type="checkbox"/>	7		
<input type="checkbox"/>	8		
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			
	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.

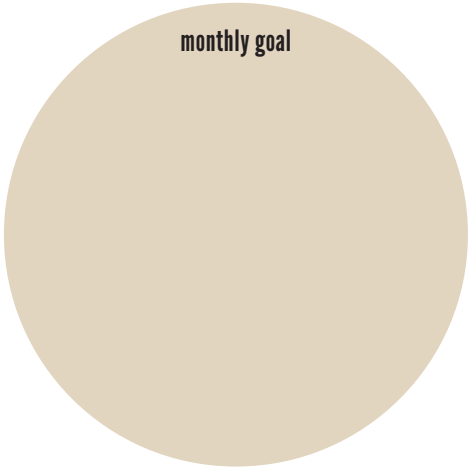
And don't forget that in between goals is a thing called life that has to be lived and enjoyed.

2019 goals



APRIL

**REMEMBER
WHY YOU
STARTED.**



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.

APR 2019

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

1

2

3

NOTES

8

9

10

15

tax day

16

17

22

earth day

23

24

29

30

1

THURSDAY

FRIDAY

SATURDAY

SUNDAY

4

5

6

7

11

12

13

14

18

19

good friday

20

21

easter sunday

25

26

27

28

2

3

4

5

APR 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

WORK TO DO

4

5

6

7

NOTES

THURSDAY 4

FRIDAY 5

SATURDAY 6

SUNDAY 7

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

APR 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

APR 15-21

MONDAY 15

TUESDAY 16

WEDNESDAY 17

This week, I commit to:

LIFE TO DO

5

6

7

8

9

10

11

12

1

2

WORK TO DO

3

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			

APR 22-28

MONDAY 22

TUESDAY 23

WEDNESDAY 24

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 25

FRIDAY 26

SATURDAY 27

SUNDAY 28

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

APR 29-MAY 5

MONDAY 29

TUESDAY 30

WEDNESDAY 1

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

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

notes projects journal

