

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

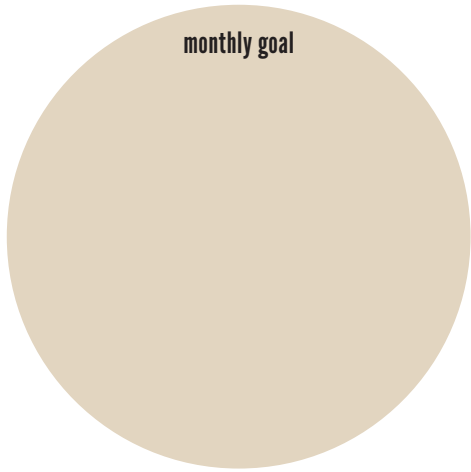
adventure / travel

community

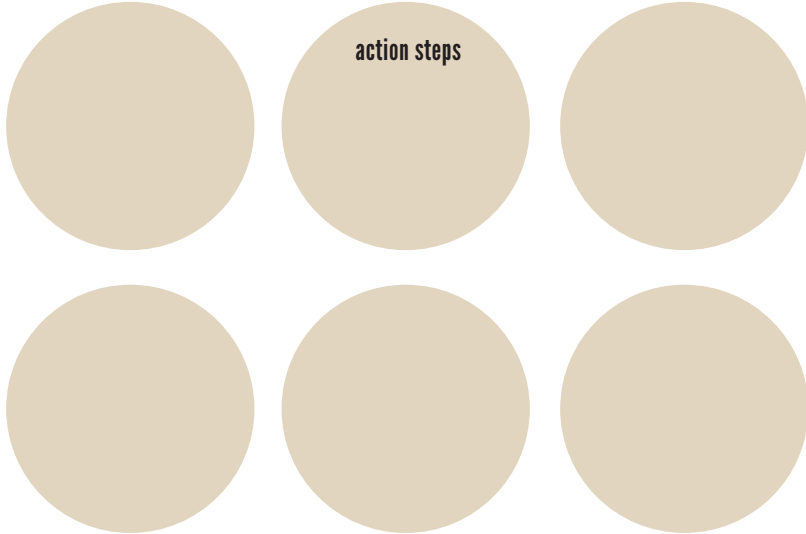
finances

APRIL

**REMEMBER
WHY YOU
STARTED.**



monthly goal



action steps

3 COMMIT

30-DAY CHALLENGE

This month, I commit to:

.....
.....
.....



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

.....
.....

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

.....

Next steps:

.....
.....

My reward:

.....
.....

commit. plan. succeed.

APR 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

This month, I commit to:

1

2

3

4

5

6

7

NOTES

8

9

10

11

12

13

14

15

tax day

16

17

18

19

good friday

20

21

easter sunday

22

earth day

23

24

25

26

27

28

29

30

1

2

3

4

5

APR 1-7

MONDAY 1

TUESDAY 2

WEDNESDAY 3

THURSDAY 4

FRIDAY 5

SATURDAY 6

SUNDAY 7

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

5

6

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12

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APR 8-14

MONDAY 8

TUESDAY 9

WEDNESDAY 10

THURSDAY 11

FRIDAY 12

SATURDAY 13

SUNDAY 14

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

Grid of dotted lines for notes.

Calendar grid for Thursday 11 through Sunday 14, with a time column on the left.

APR 29-MAY 5

MONDAY 29

TUESDAY 30

WEDNESDAY 1

THURSDAY 2

FRIDAY 3

SATURDAY 4

SUNDAY 5

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

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