

# 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.

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APR 10 Good Friday  
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 MAY 25 Memorial Day

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 JUL 4 Independence Day  
 SEP 7 Labor Day  
 OCT 12 Explorers Day

OCT 31 Halloween  
 NOV 11 Veterans Day  
 NOV 26 Thanksgiving Day  
 DEC 25 Christmas Day

## NOTES

# 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**

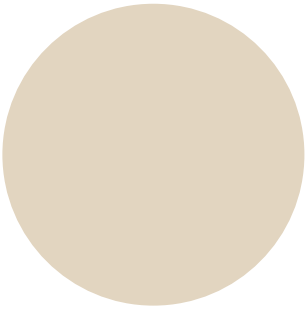
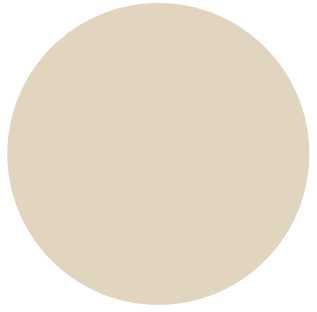
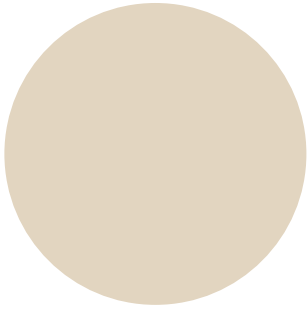
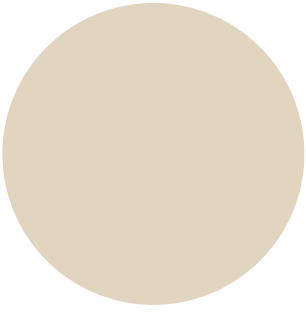
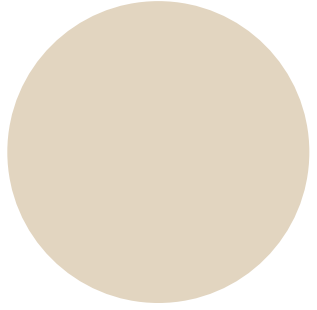
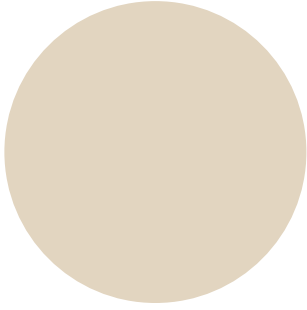
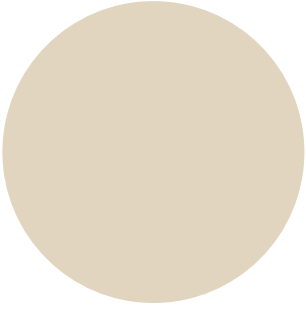
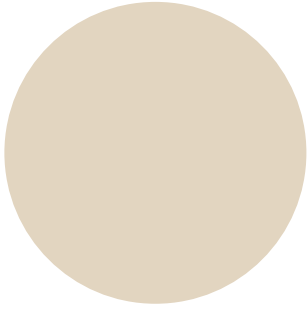
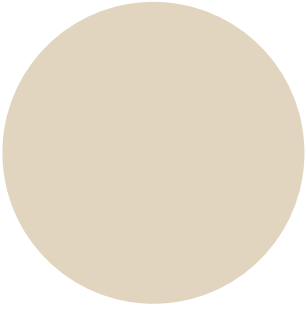
**community**

**finances**

# step 2: my monthly goals overview

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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.

# 2019 goals

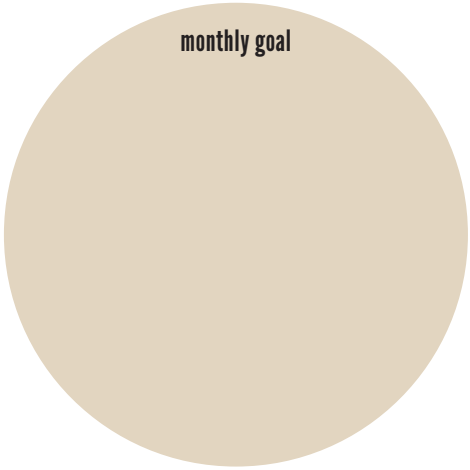
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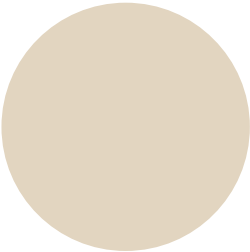
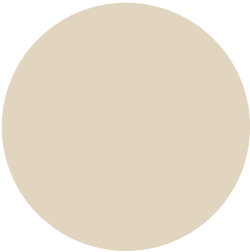
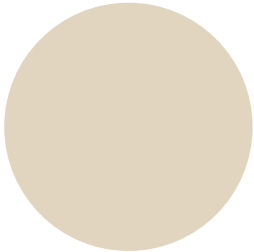
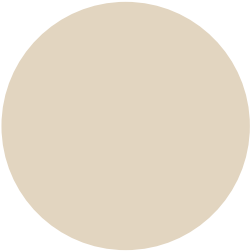
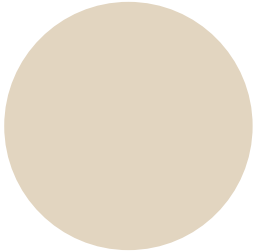
**FEBRUARY**

**CHANGE  
NOTHING  
AND  
NOTHING  
CHANGES.**





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.**

# FEB 2019

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

28

29

30

NOTES

4

5

6

11

12

13

18

president's day

19

20

25

26

27

THURSDAY

FRIDAY

SATURDAY

SUNDAY

31

1

2

groundhog day

3

7

8

9

10

14

valentine's day

15

16

17

21

22

23

24

28

1

2

3

FEB 4-10

MONDAY 4

TUESDAY 5

WEDNESDAY 6

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 7

FRIDAY 8

SATURDAY 9

SUNDAY 10

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



FEB 11-17

MONDAY 11

TUESDAY 12

WEDNESDAY 13

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 14

FRIDAY 15

SATURDAY 16

SUNDAY 17

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 21

FRIDAY 22

SATURDAY 23

SUNDAY 24

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

FEB 25–MAR 3

MONDAY 25

TUESDAY 26

WEDNESDAY 27

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 28**

**FRIDAY 1**

**SATURDAY 2**

**SUNDAY 3**

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

