

# 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 'NOTES' header.



# 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**

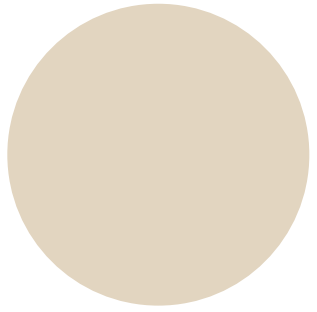
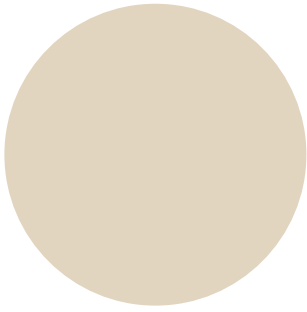
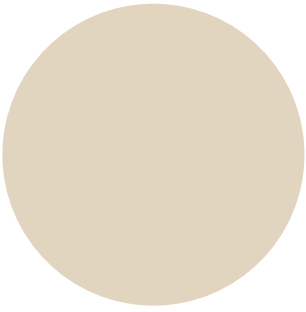
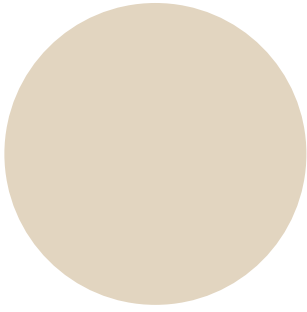
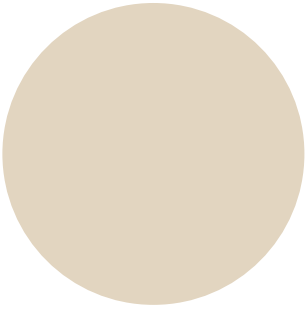
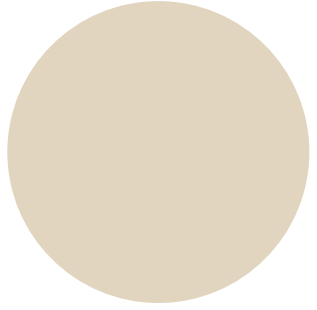
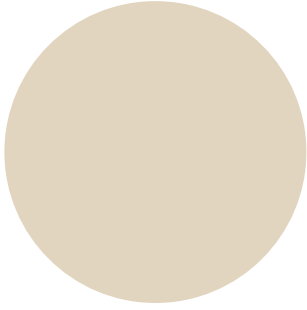
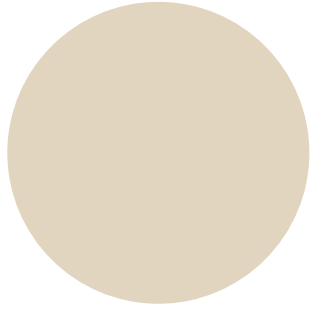
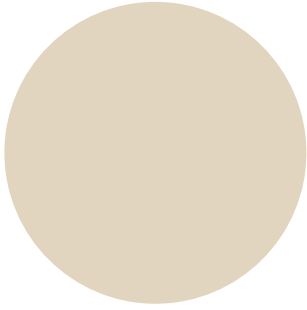
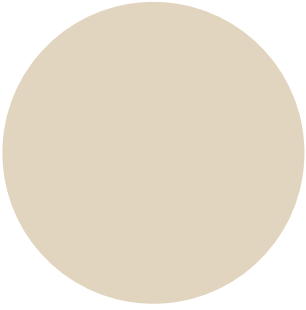
**community**

**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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**MARCH**

**SOMETIMES  
LATER  
BECOMES  
NEVER.**



**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.**

# MAR 2019

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

25

26

27

NOTES

4

5

mardi gras

6

11

12

13

18

19

20

25

26

27

THURSDAY

FRIDAY

SATURDAY

SUNDAY

28

1

2

3

7

8

international women's day

9

10

daylight saving time begins

14

15

16

17

st. patrick's day

21

22

23

24

28

29

30

31

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 7

FRIDAY 8

SATURDAY 9

SUNDAY 10

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

MAR 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

	THURSDAY 14	FRIDAY 15	SATURDAY 16	SUNDAY 17
5				
6				
7				
8				
9				
10				
11				
12				
1				
2				
3				
4				
5				
6				
7				



MAR 18-24

MONDAY 18

TUESDAY 19

WEDNESDAY 20

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 21

FRIDAY 22

SATURDAY 23

SUNDAY 24

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

MAR 25-31

MONDAY 25

TUESDAY 26

WEDNESDAY 27

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 28

FRIDAY 29

SATURDAY 30

SUNDAY 31

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

notes projects journal

