

Calendar grid for 2019 and 2020, showing months from January to December with days of the week and dates.

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

U.S. HOLIDAYS

JAN 1 New Year's Day
JAN 20 Martin Luther King Jr. Day
FEB 14 Valentine's Day
FEB 17 Presidents' Day

APR 10 Good Friday
APR 12 Easter Sunday
MAY 10 Mother's Day
MAY 25 Memorial Day

JUN 21 Father's Day
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

NOTES

**step 1: my vision** What do I want this year to look like? To feel like?

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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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physical health

mental health

spiritual health

personal growth

marriage / partner

family / friends

career

home

pure joy / fun

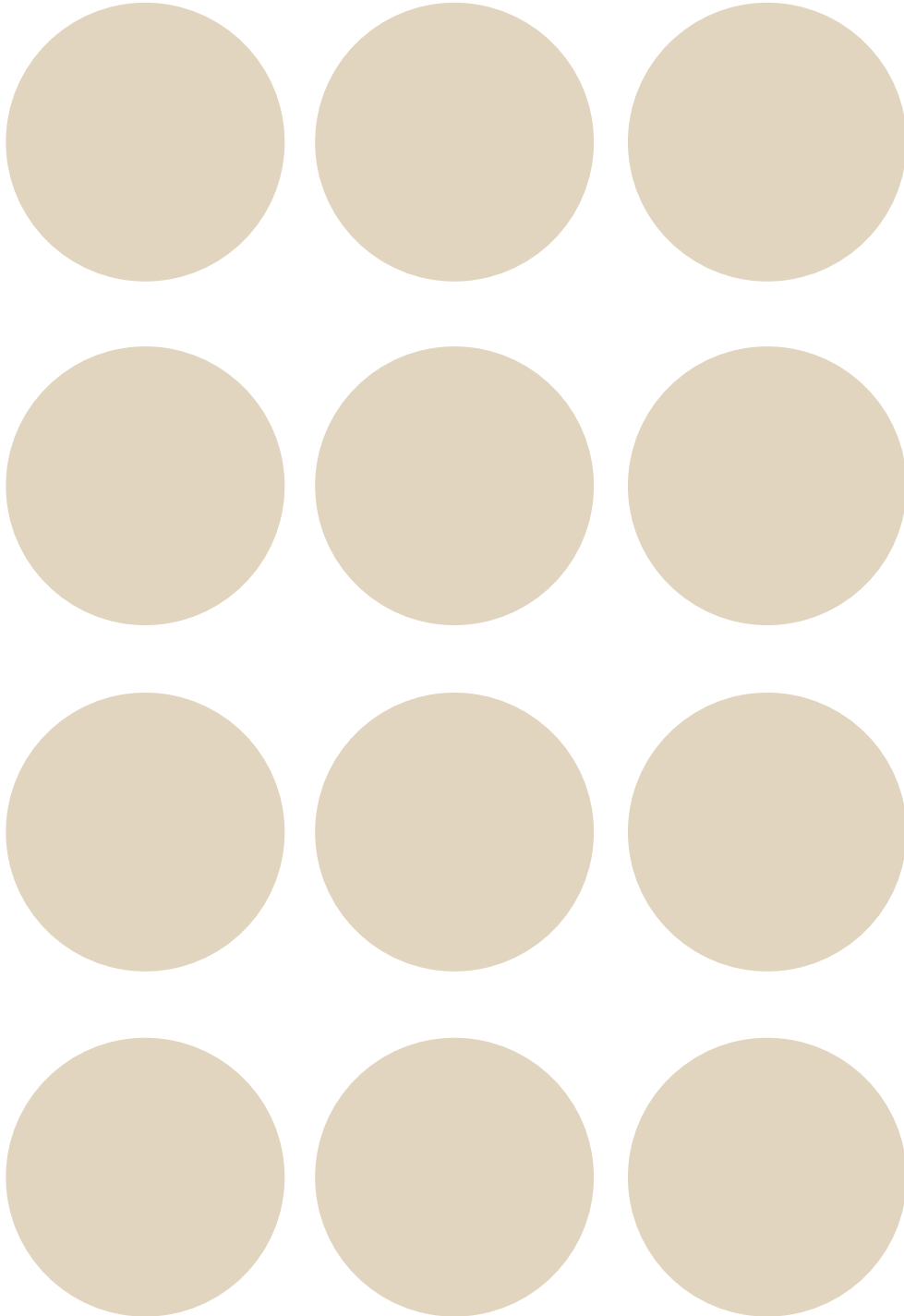
adventure / travel

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		
<input type="checkbox"/>	11		
<input type="checkbox"/>	12		
<input type="checkbox"/>	1		
WORK TO DO	2		
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<input type="checkbox"/>	5		
<input type="checkbox"/>	6		
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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!

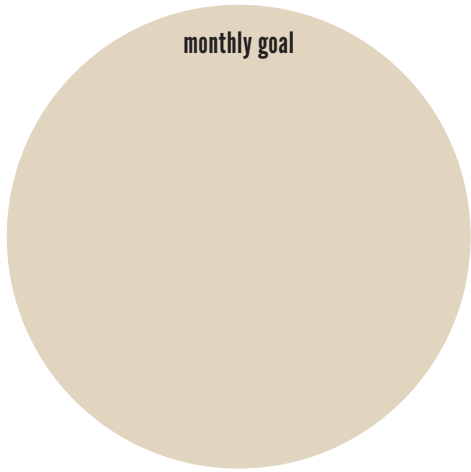
## step 5: share your goals

with friends and family and online using #commit30.

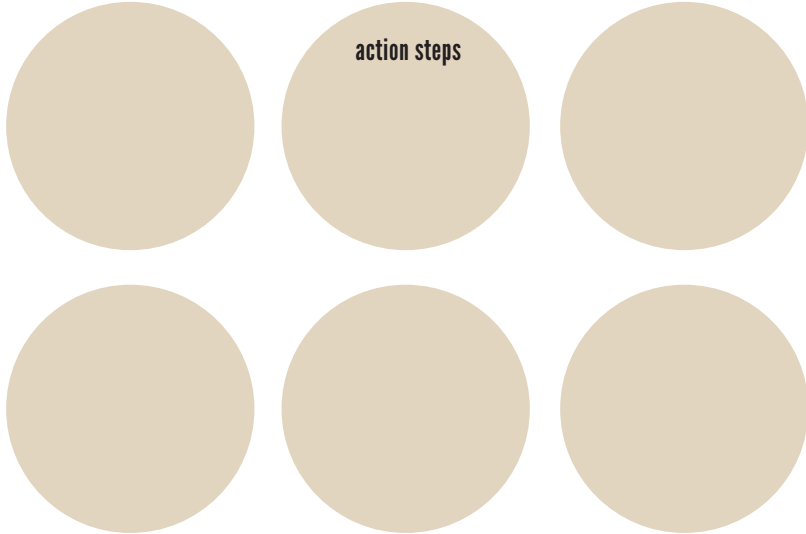
And don't forget that in between goals is a thing called life that has to be lived and enjoyed.

MARCH

**SOMETIMES  
LATER  
BECOMES  
NEVER.**



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.**

# MAR 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

This month, I commit to:

25

26

27

28

1

2

3

NOTES

4

5

mardi gras

6

7

8

international women's day

9

10

daylight saving time begins

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12

13

14

15

16

17

st. patrick's day

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31

MAR 4-10

MONDAY 4

TUESDAY 5

WEDNESDAY 6

THURSDAY 7

FRIDAY 8

SATURDAY 9

SUNDAY 10

This week, I commit to:

LIFE TO DO

WORK TO DO

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MAR 11-17

MONDAY 11

TUESDAY 12

WEDNESDAY 13

THURSDAY 14

FRIDAY 15

SATURDAY 16

SUNDAY 17

This week, I commit to:

LIFE TO DO

WORK TO DO

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This week, I commit to:

LIFE TO DO

WORK TO DO

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MAR 25-31

MONDAY 25

TUESDAY 26

WEDNESDAY 27

THURSDAY 28

FRIDAY 29

SATURDAY 30

SUNDAY 31

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

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