

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
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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
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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APRIL

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
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MAY

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JUNE

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17	18	19	20	21	22	23
24	25	26	27	28	29	30

JULY

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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

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12	13	14	15	16	17	18
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SEPTEMBER

M	T	W	T	F	S	S
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
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OCTOBER

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER

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DECEMBER

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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.

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U.S. HOLIDAYS

JAN 1 New Year's Day
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 FEB 14 Valentine's Day
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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

A large grid of dotted lines for taking notes.

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.)

A 4x3 grid of 12 large, empty, light-brown circles, intended for users to write their monthly goals. A large, semi-transparent watermark reading 'COMMIT PREVIEW' is overlaid diagonally across the center of the page.

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		
<input type="checkbox"/>	2		
<input type="checkbox"/>	3		
<input type="checkbox"/>	4		
WORK TO DO	5		
<input type="checkbox"/>	6		
<input type="checkbox"/>	7		
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<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.

3 COMMIT
PREVIEW

MAY

**THE SECRET:
KEEP GOING.**

30 DAY
PREVIEW

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.

MAY 2019

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

29

30

1

may day

NOTES

6

7

8

13

14

15

20

21

22

27

memorial day

28

29

COMMIT
PREVIEW

THURSDAY

FRIDAY

SATURDAY

SUNDAY

2

3

4

5

cinco de mayo

9

10

11

12

mother's day

16

17

18

19

23

24

25

26

30

31

1

2

COMMIT
PREVIEW

MAY

THURSDAY 9

FRIDAY 10

SATURDAY 11

SUNDAY 12

	THURSDAY 9	FRIDAY 10	SATURDAY 11	SUNDAY 12
5				
6				
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1				
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7				

COMMIT
PREVIEW

This week, I commit to:

LIFE TO DO

5

6

7

8

9

10

11

12

1

2

3

4

5

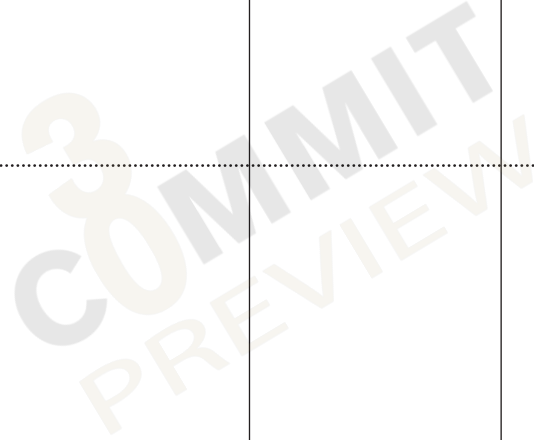
6

7

WORK TO DO

NOTES

Grid of dotted lines for notes.



THURSDAY 16

FRIDAY 17

SATURDAY 18

SUNDAY 19

5			
6			
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COMMIT
PREVIEW

THURSDAY 23

FRIDAY 24

SATURDAY 25

SUNDAY 26

5			
6			
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12			
1			
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COMMIT
PREVIEW

THURSDAY 30

FRIDAY 31

SATURDAY 1

SUNDAY 2

5			
6			
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11			
12			
1			
2			
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5			
6			
7			

3 COMMIT
PREVIEW

MAY

3
COMMIT
PREVIEW