

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

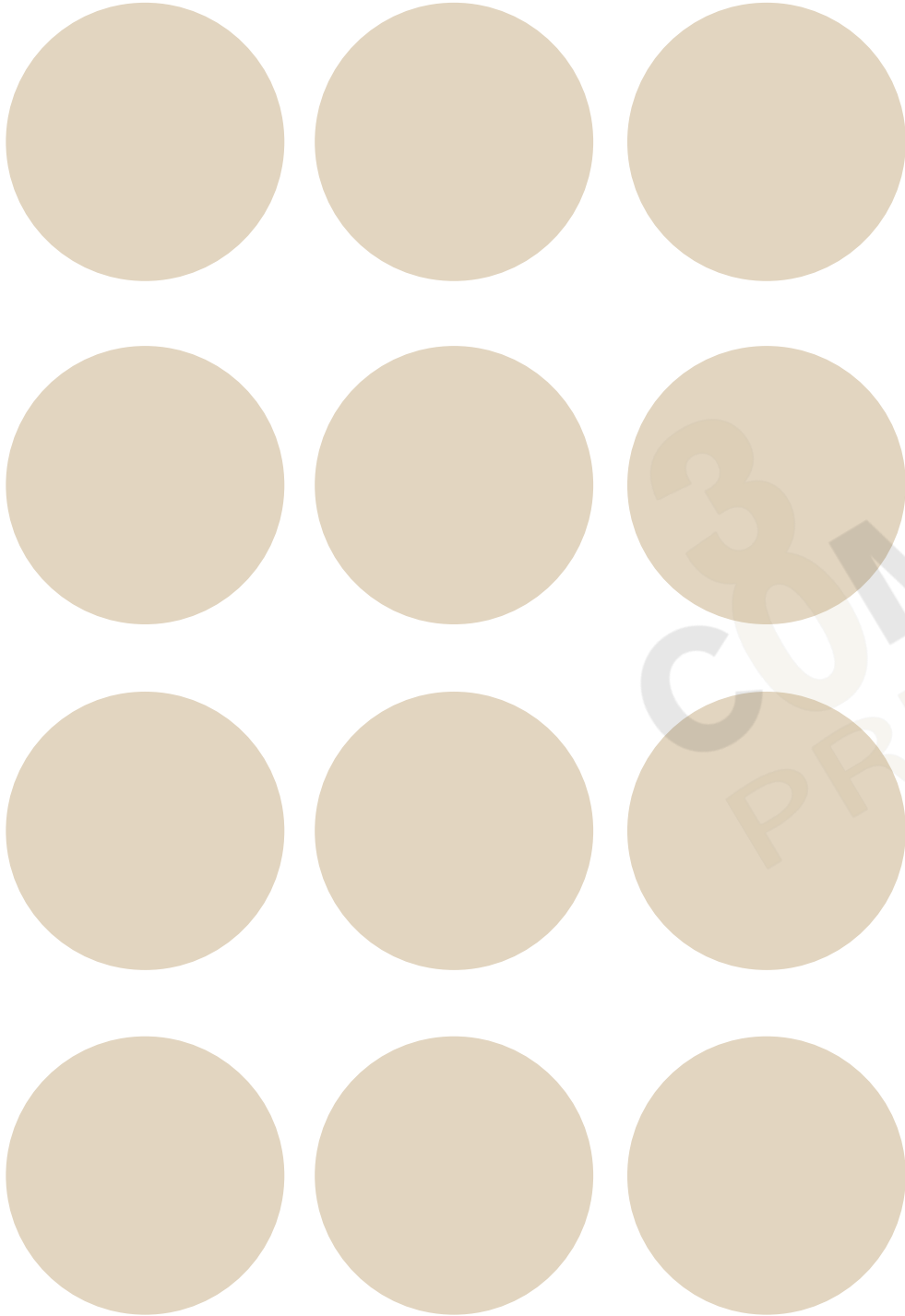
adventure / travel

community

finances

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

Three special rows for top 3 categories

EXAMPLES
 • Top 3 to do
 • Breakfast
 • Lunch
 • Dinner

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		
<input type="checkbox"/>	3		
<input type="checkbox"/>	4		
<input type="checkbox"/>	5		
<input type="checkbox"/>	6		
<input type="checkbox"/>	7		
<input type="checkbox"/>	8		
NOTES	Blank space / doodles / grocery list		

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

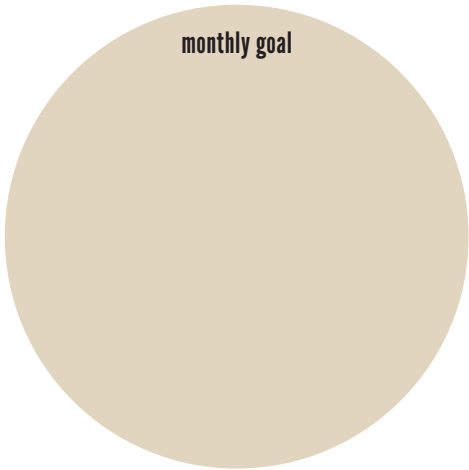
with friends and family and online using #commit30.

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

MAY

**THE SECRET:
KEEP GOING.**

COM
PREVIEW



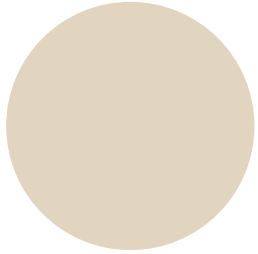
monthly goal

3 COMMIT

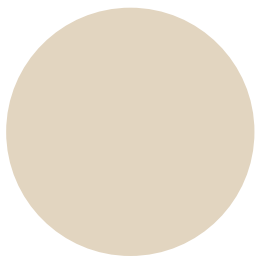
30-DAY CHALLENGE

This month, I commit to:

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



action steps



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					

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.

MAY 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

This month, I commit to:

29

30

1

may day

2

3

4

5

cinco de mayo

NOTES

6

7

8

9

10

11

12

mother's day

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

memorial day

28

29

30

31

1

2

3 COMMIT PREVIEW

MAY 6-12

MONDAY 6

TUESDAY 7

WEDNESDAY 8

THURSDAY 9

FRIDAY 10

SATURDAY 11

SUNDAY 12

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

5			
6			
7			
8			
9			
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12			
1			
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COMMIT PREVIEW

MAY 13-19

MONDAY 13

TUESDAY 14

WEDNESDAY 15

THURSDAY 16

FRIDAY 17

SATURDAY 18

SUNDAY 19

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

COMMIT 30 PREVIEW

MAY 20-26

MONDAY 20

TUESDAY 21

WEDNESDAY 22

THURSDAY 23

FRIDAY 24

SATURDAY 25

SUNDAY 26

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

COMMIT 30 PREVIEW

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

