



## 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**

**school / 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 empty tan circles, intended for users to write their monthly goals. A large, light gray 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		
<input type="checkbox"/>	8		
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			
<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

**JUNE**

**DO LESS  
WITH MORE  
FOCUS.**

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.**

# JUN 2019

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

27

28

29

NOTES

3

4

5

10

11

12

17

18

19

24

25

26

COMMIT  
PREVIEW

THURSDAY

FRIDAY

SATURDAY

SUNDAY

30

31

1

2

6

7

8

9

13

14

flag day

15

16

father's day

20

21

first day of summer

22

23

27

28

29

30

COMMIT  
PREVIEW



**JUN 3-9**

**MONDAY 3**

**TUESDAY 4**

**WEDNESDAY 5**

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 6

FRIDAY 7

SATURDAY 8

SUNDAY 9

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

COMMIT  
PREVIEW

**JUN 10-16**

**MONDAY 10**

**TUESDAY 11**

**WEDNESDAY 12**

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 13

FRIDAY 14

SATURDAY 15

SUNDAY 16

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

COMMIT  
PREVIEW



**JUN 17-23**

**MONDAY 17**

**TUESDAY 18**

**WEDNESDAY 19**

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 20

FRIDAY 21

SATURDAY 22

SUNDAY 23

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

COMMIT  
PREVIEW

**JUN 24-30**

**MONDAY 24**

**TUESDAY 25**

**WEDNESDAY 26**

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 27

FRIDAY 28

SATURDAY 29

SUNDAY 30

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

COMMIT  
PREVIEW

3  
COMMIT  
PREVIEW