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30 days of gratitude
30 days of journaling
30 days of random acts of kindness
30 days of letter writing
30 days of no social media
30 days of no TV
30 days of . . . . . . . . . . . . . . .

HELLO. My name is:

This year I will:

If found, please return to:

#commit30 ©2019 commit30
<table>
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<tr>
<th>Year</th>
<th>Jan</th>
<th>Feb</th>
<th>March</th>
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<th>June</th>
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U.S. Holidays:
- **Jan 1**: New Year's Day
- **Jan 20**: Martin Luther King Jr. Day
- **Feb 14**: Valentine's Day
- **Jun 14**: Father's Day
- **Sep 1**: Labor Day
- **Oct 12**: Columbus Day
- **Nov 28**: Thanksgiving Day
- **Dec 25**: Christmas Day

NOTES: This section is blank.

**Next Year**
- **Jan 1**: New Year's Day
- **Jan 20**: Martin Luther King Jr. Day
- **Feb 14**: Valentine's Day

**My Goals**
- **30/30 Challenge**

**Stickers**: Blank section for stickers.
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
- spiritual health
- personal growth
- career
- home
- community
- finances

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.
**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.)

- Life to do list
- Work to do list

**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, holidays

- Custom columns
  - Work, life, kids
  - AM, Noon, PM
  - Biz 1, Biz 2, Home

- Three special rows for top 3 categories
  - Examples
    - Top 3 to do
    - Breakfast, Lunch, Dinner

- 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.

#commit30 ©2019 commit30
Order sticker books and more at www.commit30.com

Thanks for your order!
THE SECRET: KEEP GOING.
This month, I commit to: ____________________________________________

My reward: ____________________________________________________

commit. plan. succeed.
This month, I commit to:

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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**NOTES**

May 2020

This month, I commit to:

- May Day
- Cinco de Mayo
- Mother's Day
- Memorial Day
### APR 29–MAY 5

#### MONDAY 29
- **LIFE TO DO**
  - Task 1
  - Task 2
  - Task 3

#### TUESDAY 30
- **WORK TO DO**
  - Task 1
  - Task 2
  - Task 3

#### WEDNESDAY 1
- **NOTES**
- Additional notes...

#### THURSDAY 2
- **NOTES**
- Additional notes...

#### FRIDAY 3
- **NOTES**
- Additional notes...

#### SATURDAY 4
- **NOTES**
- Additional notes...

#### SUNDAY 5
- **NOTES**
- Additional notes...
This week, I commit to:

### LIFE TO DO

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

### WORK TO DO

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

### NOTES

- 
- 
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### WEEKLY CALENDAR

**MAY 6–12**

<table>
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<th>WEDNESDAY 8</th>
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**THURSDAY 9**

<table>
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**SATURDAY 11**

<table>
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<th>SUNDAY 12</th>
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</table>
This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES
THIS DAY WILL NEVER HAPPEN AGAIN. MAKE THE MOST OF IT.
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