

2024

JANUARY

S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
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28	29	30	31			

FEBRUARY

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MARCH

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31						

APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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U.S. HOLIDAYS

JAN 1 New Year's Day
JAN 15 Martin Luther King Jr. Day
FEB 14 Valentine's Day
FEB 19 Presidents' Day

MAR 29 Good Friday
MAR 31 Easter Sunday
MAY 12 Mother's Day
MAY 27 Memorial Day

JUN 16 Father's Day
JUN 19 Juneteenth
JUL 4 Independence Day
SEP 2 Labor Day

OCT 14 Indigenous Peoples' Day
OCT 31 Halloween
NOV 11 Veterans Day
NOV 28 Thanksgiving Day
DEC 25 Christmas Day

NOTES

Notes section with a dotted grid background.

JANUARY

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APRIL

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MAY

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U.S. HOLIDAYS

JAN 1	New Year's Day	APR 18	Good Friday	JUN 15	Father's Day	OCT 13	Indigenous Peoples' Day
JAN 20	Martin Luther King Jr. Day	APR 20	Easter Sunday	JUN 19	Juneteenth	OCT 31	Halloween
FEB 14	Valentine's Day	MAY 11	Mother's Day	JUL 4	Independence Day	NOV 11	Veterans Day
FEB 17	Presidents' Day	MAY 26	Memorial Day	SEP 1	Labor Day	NOV 27	Thanksgiving Day
						DEC 25	Christmas Day

NOTES

A large grid of dotted lines for taking notes, spanning the width of the page below the holidays section.

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

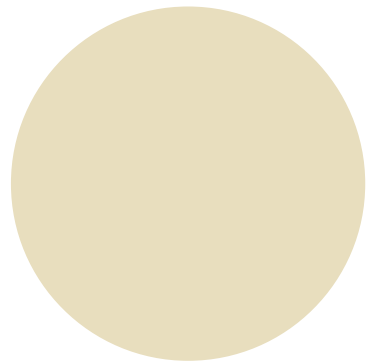
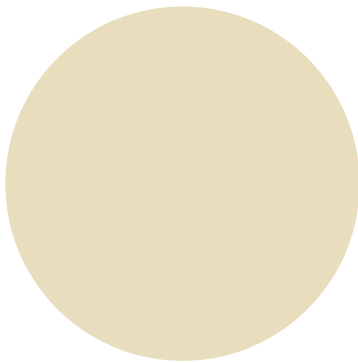
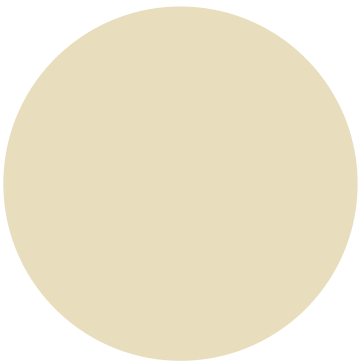
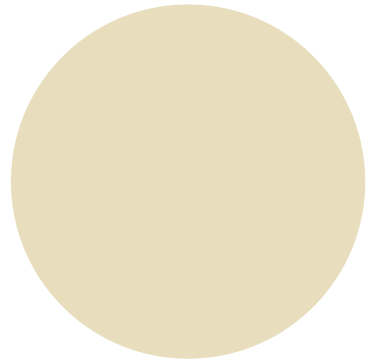
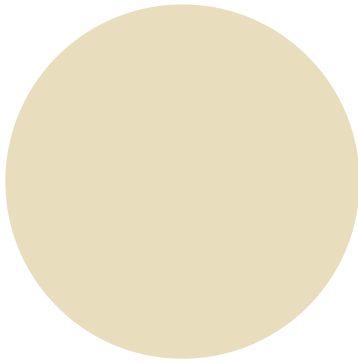
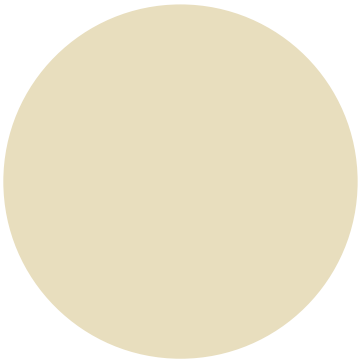
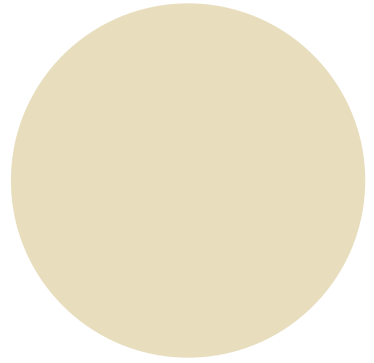
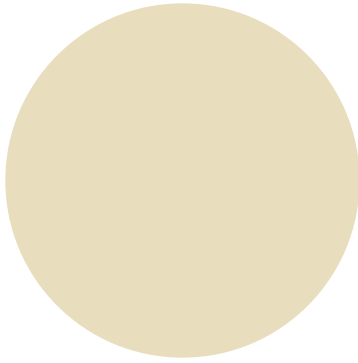
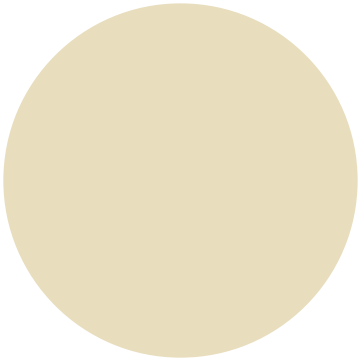
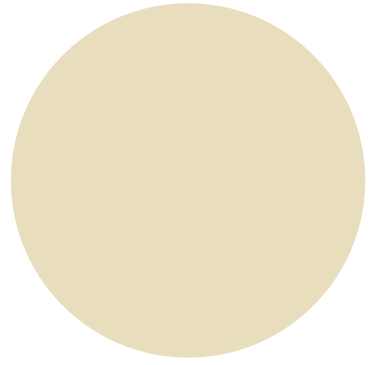
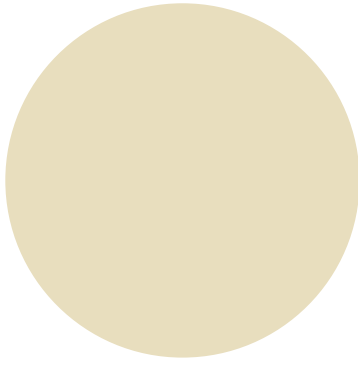
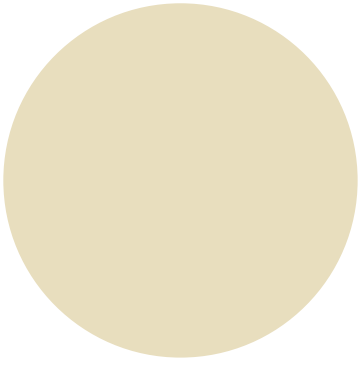
home

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.)



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

DEC 31–JAN 6	SUNDAY 31	MONDAY 1	TUESDAY 2
This week, I commit to:			
LIFE TO DO	5 6 7 8 9	Remember: small steps = big results. Your daily to-do list should be determined by your overall goal.	
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			
WORK TO DO	4 5 6 7		
<input type="checkbox"/>			
<input type="checkbox"/>			
<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

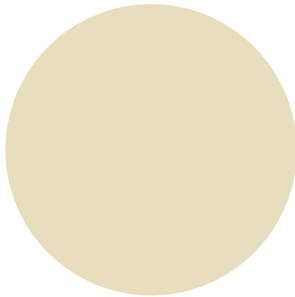
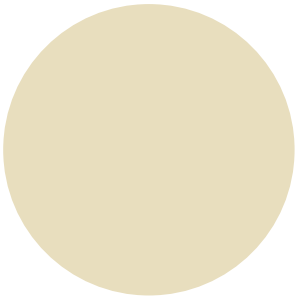
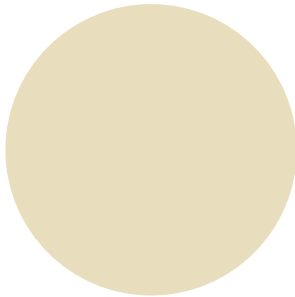
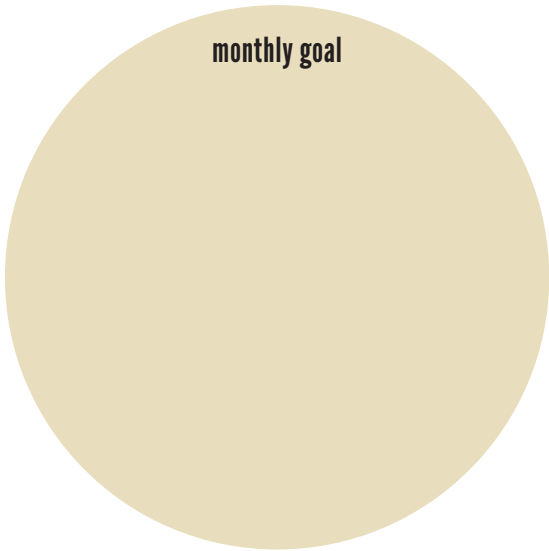
with friends and family and online using #commit30.

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

2024 goals

APRIL

**ANYTHING
IS
POSSIBLE.**



This month I did / did not reach my goal. Why?

.....

.....

Overall I would rate my effort toward 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.

APR 2024

SUNDAY

MONDAY

TUESDAY

This month, I commit to:

31

1

2

NOTES

7

8

9

14

15

tax day

16

21

22

passover begins
earth day

23

28

29

30

passover ends

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

3

4

5

6

10

11

12

13

17

18

19

20

24

25

26

27

1

2

3

4

APR 7-13

SUNDAY 7

MONDAY 8

TUESDAY 9

This week, I commit to:

LIFE TO DO

WORK TO DO

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

NOTES

WEDNESDAY 10

THURSDAY 11

FRIDAY 12

SATURDAY 13

5			
6			
7			
8			
9			
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1			
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5			
6			
7			

This week, I commit to:

LIFE TO DO

5

6

7

8

9

10

11

12

1

2

WORK TO DO

3

4

5

6

7

NOTES

WEDNESDAY 17

THURSDAY 18

FRIDAY 19

SATURDAY 20

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

APR 21-27

SUNDAY 21

MONDAY 22

TUESDAY 23

This week, I commit to:

LIFE TO DO

5

6

7

8

9

10

11

12

1

2

WORK TO DO

3

4

5

6

7

NOTES

WEDNESDAY 24

THURSDAY 25

FRIDAY 26

SATURDAY 27

5			
6			
7			
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1			
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6			
7			

APR 28-MAY 4

SUNDAY 28

MONDAY 29

TUESDAY 30

This week, I commit to:

LIFE TO DO

WORK TO DO

5

6

7

8

9

10

11

12

1

2

3

4

5

6

7

NOTES

WEDNESDAY 1

THURSDAY 2

FRIDAY 3

SATURDAY 4

5			
6			
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