

# *jack***DALY** 2014 Goals

## THEME

“MAKING A DIFFERENCE,” by being physically fit, productive and balanced with FUN!

## A. FAMILY

1. Bonnie
2. Melissa/Nathan/Malcolm/Wyatt
3. Adam
4. Extended family-birthdays, vacations, recognition

## B. HEALTH

1. Weigh 175 or less, year round (1)
2. Body fat 15%
3. No wine unless < 178 lbs (4 free days per month); then weekends, vacations and special events.
4. Workouts 4–5 times a week/ 225 per year
5. Marathons: 4+ new states per year in quest of 50 states goal set in 2004 (thru 2013, 35 states complete).  
New overall goal of 100 Marathons in lifetime.
  - 2/16 B’ham , AL
  - 4/12 Eisenhower, KS; or, London Marathon UK
  - 4/27 Monmouth, NJ
  - 5/11 Kennebunk, ME
  - Plus 2 in 4th qtr (NYC lottery)
6. Triathlon schedule:
  - 3/30 Ironman Cabo
  - 6/8 Ironman Cairns AU
  - 6/29 Atl City, NJ 140.6 Challenge
  - 8/3 NYC Olympic Tri
  - 8/22 GOT Santa Barbara 70.3
  - 9/27 Ironman Malaysia
  - Retire from Full Ironmans unless Kona qualify/ or in shape to race when 70.
7. Swim yards 120,000 / 48 hours/ 4 hours month
8. Run 1000 miles/ 160 hrs/ 12-16 hrs month
9. Bike 3300 miles/ 220 hrs/ 18 hrs month
10. Strength/weight workouts 5/ month/ 60 year
11. Insanity 5 month/ 60 yr
12. Blood platelets donation 6 x year
13. Doctors medical June; dentist 3 x yr; eyes June; skin April
14. Floss daily
15. Water/ half gallon daily

## C. QUALITY OF LIFE: TRAVEL/ VACATIONS

1. Amsterdam — January
2. Cabo — March ; UK March ; UK April

*jack***DALY**

888-298-6868 • www.jackdaly.net



# *jack* DALY 2014 Goals

- 3. Bermuda — May
- 4. Australia — June
- 5. New Jersey — July
- 6. Malaysia — September
- 7. Yosemite — October

## D. VISITS WITH THE YOUNG FAMILY

- 1. April 18–21 Cville
- 2. May 17–26 Calif
- 3. July 18–25 NJ beach
- 4. Oct 11–13 after Chicago
- 5. Dec 23–28 Home in CA or Cville

## E. EVENTS

- 1. Superbowl NJ Feb with Rick
- 2. Pebble Beach golf Mar 1–2
- 3. Family reunion NJ beach July 16–25
- 4. Yosemite Oct 17–20
- 5. GOT April
- 6. Presidential libraries: 6/13 complete
- 7. Book HYPER SALES GROWTH — first quarter
- 8. Book autobiography — fourth quarter
- 9. Book Ironman Journey — second quarter
- 10. Two wine tasting dinners at house
- 11. Photo a Day Book — “65”

## F. GOLF

- 1. Pursue Top 100; goal set in 2000; 82 complete thru 2013

## G. HOUSEHOLD

- 1. San Clemente: Upgrade kitchen; redesign home gym; various other home improvements
- 2. LaQuinta house: rent/sell
- 3. Investment mgmt. review: 2x year

## H. BALANCE/PERSONAL DEVELOPMENT

- 1. Manage/ monitor sleep nights (3)

<b>Qtr</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Total</b>	<b>2013 Plan</b>
<b>Biz</b>	32	32	34	34	132	144
<b>Home</b>	44	29	29	44	146	130
<b>Fun</b>	14	30	29	14	87	91
<b>Total</b>	90	91	92	92	365	365
<b>Meals/home</b>	21	21	20	25	87	91



# *jack***DALY** 2014 Goals

2. Books 24 year/ 2 month
3. Movies 60 year/ 5 month
4. Magazines 12 month

## **I. FOOTNOTES**

1. A few goals specifically identified as:
  - (1) non-negotiable
  - (2) most difficult
  - (3) most important
2. Send 4+ letters/notes per year to someone who made a difference in my life...thank them and let them know!