

PERSONAL GOALS 2015 – JACK DALY

THEME: “MAKING A DIFFERENCE”, BY BEING PHYSICALLY FIT, PRODUCTIVE AND BALANCED WITH FUN!

A. FAMILY

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

B. HEALTH

1. Weight (or less) by Quarter: 180- 175- 170- 175 (1)
2. Body Fat by Quarter: 18- 17- 16-15
3. No wine unless <178 lbs (4 free days per month); then weekends, vacations and special events.
4. Vitamix/shakes: avg 20 month/ 240 year.
5. Workouts 4-5 times per week/ 225 year.
6. Marathons: 38 states completed/ 68 total, in quest of 50 states/100 total. Once Antarctica in Feb, will have all continents except for Asia. Several on the calendar, recognizing some will drop due to biz travel, but goal is 10 marathons and 4 new states. (3)
 - a. 2/1 Surf City
 - b. 2/18 Antarctica
 - c. 2/21 Chile
 - d. 3/14 DC- (Bon to travel)
 - e. 4/20 Boston
 - f. 5/3 OC
 - g. 5/10 Maine – (Bon to travel)
 - h. 5/17 VT
 - i. 8/14 Pikes Peak – (Bon likely travel)
 - j. 9/19 Omaha or 9/26 Nebraska Monument
 - k. 10/11 Long Beach
 - l. 10/31 New Mexico
7. Triathlons
 - a. 3/28 Oceanside 70.3
 - b. 7/19 NYC Olympic

- c. GOT 70.3 Myrtle Beach? 10/10?
- d. Oceanside Olympic 10/25
- e. Plus one additional as opportunity presents
- 8. Swim yards 100,000 / 36 hours / 3 hours month
- 9. Run 1000 miles / 160 hours / 12-16 hours month
- 10. Bike 2600 miles / 180 hours / 15 hours month
- 11. Strength/weight workouts 60 year / 5 month
- 12. Insanity/ in room workouts 60 year / 5 month
- 13. Blood platelet donations 6 year
- 14. Doctors: medical June; dentist 3 x yr; eyes June; skin May.
- 15. Floss daily
- 16. Water/ half gallon daily
- 17. Steps 360,000 month/ 4,320,000 total year
- 18. Sleep hrs nightly: 6 hrs

C. QUALITY OF LIFE: TRAVEL/VACATIONS

- 1. Canada Various
- 2. Netherlands
- 3. Antarctica
- 4. Chile
- 5. Mexico/Cancun
- 6. Scandinavia: Sweden/Denmark/Norway – (Bon likely travel)
- 7. Belfast
- 8. Birmingham UK
- 9. London UK
- 10. Istanbul
- 11. Greek Isles
- 12. Bali – (Bon likely travel)
- 13. Philippines
- 14. Auckland, NZ
- 15. Australia: Melbourne, Sydney, Brisbane, other- (Bon partial travel)
- 16. Pikes Peak/ Colorado
- 17. Nashville- (Bon likely travel)
- 18. California trip with lovines

19. Long Beach Island with Youngs

D. VISITS WITH THE YOUNG FAMILY (3)

1. May 30-June 2 Cville
2. July 25-August 1 LBI
3. Nov 21-27 T Day Cville
4. Dec 23-28 Christmas in Cville or CA

E. GOLF- 84 OF TOP 100 NOW COMPLETE. (30 possible courses identified from multiple year lists, attempt to couple with travel nearby- see addendum at close of goals for listing). Goal is to get 6 or more complete in 2015.

F. EVENTS

1. Photo a day Book of my 2014- 65 years old!
2. National Park Visits, as opportunity presents(Muir Woods San Fran; Great Sand Dunes, Col; Acadia, Maine)
3. Paper Napkin Wisdom Book publish first quarter
4. Paper Napkin Wisdom Workshops launch first quarter
5. Kids Entrepreneur Trilogy Books publish in fourth quarter (2)
6. Billy Joel Concert- Madison Square Garden
7. GOT- Boston April
8. Presidential Libraries, goal is to visit all of them. Three left, goal is to visit them in 2015. (Hoover, West Branch, Iowa; Truman, Independence, MO; Roosevelt, Hyde Park, NY)
9. Golf Cypress in Monterey
10. Photo Books from 2014 events (Super Bowl, 65, LBI)
11. Photo Books from 2015 events (Antarctica, Greek Isles, Iovine/Daly trip, LBI, Presidential Libraries)
12. Learn to surf

G. HOUSEHOLD

1. New flooring in San Clemente
2. New Master bath in San Clemente
3. Enhanced landscaping in San Clemente
4. Investment mgmt. review 2x year; explore captive insurance
5. LaQuinta house: sell or lease
6. New home computer network

H. BALANCE/PERSONAL DEVELOPMENT

1. Books 24 year / 2 month
2. Movies 60 year / 5 month
3. Magazines 12 monthly
4. Manage/ monitor sleep nights (3)

QTR	1	2	3	4	TOTAL	2014 Plan/Act
Biz	30	25	30	40	125	132 / 146
Home	38	35	28	30	131	146 / 138
Fun	22	31	34	22	109	87 / 81
Total	90	91	92	92	365	
Meals/ home	28	26	21	21	96	87 / 83

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.

G. APPENDIX – potential TOP 100 golf courses (note, first 6 seen as most doable)

1. Cordevalle, San Martin, CA (combine with lovine trip)
2. Cascata, Las Vegas
3. Wynn, Las Vegas
4. Lakata Canyon Ranch, New Castle, CO
5. The Broadmoor East, Col Springs, CO
6. Rustic Canyon, Moorpark, Los Angeles
7. Pinehurst #8, Pinehurst, NC
8. Gold Club at Redlands Mesa, Grand Junction, CO

9. Sunday River, Newry, ME
10. Ocean Kiawah, SC
11. TPC Sawgrass, Ponte Verda Beach, FL
12. Harbor Town, Hilton Head, SC
13. Streamsong (Red), FL
14. Streamsong (Blue), FL
15. Chambers Bay, Seattle, WA
16. Trump National, Miami, FL
17. Omni Homestead (Cascades), Hot Springs, VA
18. Paako Ridge, Sandia Park, NM
19. Highland Course, Meadows of Dan, VA
20. Taconic, Williamstown, MA
21. Red Sky Ranch (Norman), Wolcott, CO
22. Pine Needles, Southern Pines, NC
23. May River at Palmetto Bluff, Bluffton, SC
24. Dormie Club, West End, NC
25. Golden Horse Shoe (Gold), Williamsburg, VA
26. Linville, Linville, NC
27. Hammock Beach (Ocean), Palm Coast, FL
28. True Blue, Pawleys Island, SC
29. Links @ Lighthouse Sound, Bishopville, MD
30. Barefoot (love), North Myrtle Beach, SC

31. Wild Horse, Gothenburg, NE