

## PERSONAL GOALS 2016 – JACK DALY

THEME: LIFE BALANCE IS A PRIORITY, WHILE CONTINUING TO “MAKE A DIFFERENCE. PHYSICAL FITNESS WHILE HAVING FUN IS PART OF SUCH BALANCE.

### A. FAMILY

1. Bonnie
2. Melissa Family
3. Adam
4. Extended family – birthdays, vacations, recognition.

### B. HEALTH

1. Weight (or less) by Quarter: 175-175-172-172 (1)
2. No wine unless <178 lbs (4 free days per month); then weekends, vacations and special events.
3. Lean shakes: avg 20 month/ 240 year.
4. Workouts 4-5 times per week/ 225 year.
5. Marathons: 44 states completed/ 79 total, in quest of 50 states/ 100 overall. Quest of Marathon on all continents short by Asia, expected complete in 2017. Goal is 7 Marathons and 4 new states. (3)
  - a. 2/7 Surf City
  - b. 2/13 Mississippi
  - c. 5/1 OC
  - d. 5/22 Atlanta
  - e. 7/10 Montana
  - f. 10/9 South Dakota
  - g. 10/19 Polar Mountain
6. Triathlons
  - a. Honu 70.3
  - b. GOT tri
  - c. Other as presents itself
7. Swim yards 100,000 / 36 hours / 3 hours month
8. Run 1000 miles / 160 hours / 12-16 hours month
9. Bike 2000 miles / 130 hours / 11 hours month
10. Strength /weight workouts 60 year / 5 month
11. Blood platelet donations 5 year
12. Doctors: Medical Dec; dentist 3x year; eyes Dec; skin May

13. Floss daily

14. Water / half gallon daily

15. Sleep hours 6 nightly

C. QUALITY OF LIFE : TRAVEL/VACATIONS

1. Amsterdam – March
2. Ireland – March
3. Scotland – March
4. Australia - April
5. Asia April
6. Hawaii – June
7. Calif beach w/ Youngs – June
8. Asia – August
9. Venice/Rome/ Med Cruise – Sep
10. North Pole/Iceland – Oct
11. Australia/Tasmania/ New Zealand – Nov

D. VISITS WITH THE YOUNG FAMILY (3)

1. Mar 30-Apr 1 Cville
2. June 11 week – Calif Beach
3. Sep 23-26 – Cville
4. Dec 23-28- Christmas Cville

E. GOLF TOP 100 – 89 of 100 complete. Goal of 3 more in 2016: Cascada; Wynn; other and Scotland/Ireland.

F. EVENTS

1. Jackpot promo package- Jan
2. Publish Sales Playbook- Apr
3. PNW book promote – Jan
4. Phoenix Open – Feb
5. Kentucky Derby – May
6. Venice/Rome/Med Cruise – September
7. Tasmania, Australia- Nov
8. North NZ- Nov
9. Asia tours – Apr + Aug
10. Barossa wine tour – Apr

11. Photo book on Pres libraries

12. Hawaii – June

13. Beach @ home Jun/Jul

G. HOUSEHOLD

1. Move primary residence or second floor remodel- June

2. LaQuinta house – Sell or lease (prefer sell)

3. Investment mgmt. review : 2x year

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	2015 Plan/Act
Biz	36	25	20	30	111	125 / 131
Home	39	38	42	30	157	131 / 121
Fun	16	28	30	24	98	109 / 113
Total	91	91	92	92	366	
Meals @ home	24	28	28	24	104	96 / 73

I. FOOTNOTES

1. A few goals specifically identified as:

(1) Non-negotiable

(2) Most difficult

(3) Most important

2. Send 10+ letters /notes per year to someone who made a difference in my life...Thank them and let them know.

J. APPENDIX – See 2015 goals for list of possible golf courses.