

PERSONAL GOALS 2019 – JACK DALY

THEME: Life balance is the goal, marrying my quest to “make a difference” as a professional speaker and CEO Coach, while enjoying a mix of more time at home, exercise as a staple to include added emphasis on golf, world travel and continuing pursuit of the Bucket List.

A. FAMILY

1. Relationship with Leslie
2. Melissa family
3. Adam family
4. Extended family

B. HEALTH

1. Weight (or less) by quarter: 185-183-180-180
2. No wine unless less than 185 lbs (4 free days per month). Wine days to be less than workout days annually
3. Workouts 4-5 times per week/ 250 year.
4. Marathons: Currently at 93, goal of 100 total, a few in 2019
 - a. Surf City Feb 3 – 94
 - b. London Apr 6 – 95
 - c. Berlin Sep – 96
 - d. Others as opportunity presents
5. Triathlons – not of emphasis in 2019
6. Swim yards 72,000 / 24 hours / 2 hours month
7. Run 1200 miles / 240 hours / 20 hours month
8. Bike 1000 miles / 60 hours / 5 hours month
9. Strength/weights 96 year / 8 month
10. Rowing 36 hours / 3 hours month
11. 3.6 million steps/ 300k monthly/ 10k daily
12. Sit ups daily 50/1500 monthly/18,000 annually
13. Yoga 1 day month
14. Blood platelet donations 5 per year
15. Doctors: Medical Jan and July; Dentist 3x year; Eyes summer; Skin May
16. Floss daily
17. Water half gallon daily
18. Sleep hours 7 nightly

C. QUALITY OF LIFE / TRAVEL / VACATIONS

1. Cruise – Bahamas and San Juan Puerto Rico – Jan
2. India – Mar
3. Sri Lanka – Mar

4. Dubai - Mar
5. Copenhagen – Mar
6. Vegas – April
7. London – April
8. Asia – May
9. Hawaii – Jun
10. Calgary – Jul
11. Australia – Jul
12. Prague/Paris – Aug
13. Cruise ? - Aug
14. Kenya – Sep
15. Berlin – Sep
16. New Mexico – Oct
17. Napa Valley – Oct
18. Cabo – Nov or Dec

D. VISITS WITH YOUNG FAMILY

1. April – CV
2. June – Calif
3. Oct – New Mexico
4. Dec – CV
5. Various as windows of opportunities present
6. BHAG – Long weekend with Grandsons

E. GOLF

1. Top 100 has 95 complete; more in 2019 as presented
2. Play 40 rounds
3. New clubs
4. Lessons
5. Index to 20

F. BUCKET LIST / EVENTS

1. Cruise Puerto Rico/Bahamas
2. India
3. Copenhagen/Denmark
4. London
5. Golf St. Andrews
6. Masters attend
7. Super Bowl if Eagles in
8. PGA Bethpage
9. Ohau Hawaii

10. Vegas/James Taylor
11. Asia
12. Calgary Stampede
13. Brother Joe/Sandy visit for a week to CA
14. Australia
15. Prague/Paris
16. Kenya/Safari
17. New Mexico Balloon Festival
18. Napa Valley wine tasting
19. Jerusalem
20. Boxing match attend
21. Bikram hot yoga
22. AcroYoga
23. Shear a sheep
24. Hoover dam visit
25. Several photo books: Photo a day plus others as present

G. HOUSEHOLD

1. Back Yard enhancement
2. Investment management review 2x year

H. BALANCE / PERSONAL DEVELOPMENT

1. Books 30 year
2. Movies 70 year
3. Magazines 12 monthly
4. Sleep nights / balance

QTR	1	2	3	4	Total	%
Biz	44	28	16	15	103	28
Home	31	41	42	66	180	50
Fun	15	22	34	11	82	22
Total	90	91	92	92	365	

5. Handwritten note of 1 or more per day