

PERSONAL GOALS 2020 – JACK DALY

THEME: Life balance is the goal, combining my commitment to “making a difference” as a professional speaker and CEO Coach, while enjoying a mix of more time at home nurturing a new relationship in my personal life. World travel will continue to be a priority, while pursuit of my Bucket List and exercise as a life staple are key components in providing balance to my professional pursuits.

A. FAMILY

1. Relationship with Karen
 - a) Monthly dinner with family/friends
 - b) Monthly “dress up” dinner
 - c) Outside runs together
 - d) Shared gym time
 - e) Movies together (6)
 - f) Reagan/Nixon Libraries
2. Melissa Family
3. Adam Family
4. Extended Family

B. HEALTH

1. Weight (or less) by quarter: 180-178-178-175
2. No wine unless less than 182 lbs (4 free days per month). Wine days to be less than workout days annually.
3. Workout 4-5 times per week/ 250 year.
4. Marathons: Due to broken leg on December 5, my 5 scheduled marathons will shift to 2021. Goal is one (unspecified) in 2020, pending Doctor green light.
5. Run 300 miles/ 60 hours
6. Bike 1000 miles/ 60 hours
7. Strength/weights 96 year/ 8 month
8. Rowing 24 hours/ 2 hours month
9. 2 million steps/ 167k month/ 5500 day
10. Distance on foot 1000 miles/ 83 month
11. Sit ups daily 50/ 1500 monthly/ 18k year
12. Yoga 1 session monthly
13. Restart blood platelet donations – 2 for year
14. Doctors: Medical Jan and July; dentist 3x year; eyes summer; skin 2x year
15. Sleep 7 hours nightly

16. Floss daily
17. Water half gallon daily

C. QUALITY OF LIFE/ TRAVEL/ VACATIONS

1. Cabo 2/15-20; or when available
2. Grand Canyon 2/21-23
3. NYC 3/19-23
4. Prague/Paris/London 4/30-5/15
5. Toronto 5/27-28
6. LBI 5/28-6/6
7. Australia/ NZ 7/17-8/2
8. London/Dublin 10/12-10/18

D. VISITS WITH YOUNG FAMILY

1. June LBI
2. Open social
3. Sept DC
4. Dec CV
5. BHAG – Long weekend with Grandsons

E. GOLF – complete Top 100 (at 95 now) by August 2020

F. BUCKET LIST / EVENTS

1. Write/ publish “life” book
2. Napa wine country 7/10-13
3. Hamilton NYC March
4. PGA Tourney SF 5/15-18
5. LBI 5/28-6/6
6. Top 100 golf (5) August
7. Ryder Cup Wisconsin 9/25=27
8. Lovines outing – August 4-11
9. Marlin fishing Cabo Feb
10. Catalina Island
11. Wrap a snake around neck
12. Kiss on top of ferris wheel
13. Have palm read
14. Super Bowl if Eagles in – Feb
15. Hot air balloon
16. Attend boxing match
17. Bikram hot yoga

18. Reagan/ Nixon Libraries
19. Hoover Dam visit Feb
20. Several photo books

G. HOUSEHOLD

1. Sell house
2. Buy house
3. Move
4. Investment mgmt. review 2x year

H. BALANCE/ PERSONAL DEVELOPMENT

1. Books 30 year
2. Movies 80 year
3. Magazines 12 monthly
4. Handwritten note of 1 or more every other day/ 180 total for year
5. Sleep nights/ balance

a) BIZ	100	27%
b) HOME	170	47%
c) FUN	95	26%
d) TOTAL	365	100%

NOTE: Due to my broken leg in December 2019, many of my health/fitness goals have been materially reduced from prior years, as physical therapy will be the first half of year priority, By second half of 2020, goal is to be at prior year run rates. Bring on the decade!