

## PERSONAL GOALS 2021 – JACK DALY

THEME: The goal is life balance. Nurturing my relationship with Karen is a high priority, followed by my commitment to “adding value” to my clients as a professional speaker and CEO Coach. Key components include a consistent program of health and fitness, world travel and pursuit of my Bucket List. Given the Pandemic Year 2020, with much unknown as to the state of the world in 2021, details subject to safety restrictions, which may result in some items being rescheduled or further delayed.

### A. FAMILY

1. Relationship with Karen
  - a) Monthly dinner with family/friends
  - b) Monthly “dress up” dinner
  - c) Outside runs together
  - d) Movies together (24)
  - e) Reagan/Nixon libraries
2. Melissa/Nathan family- visit VA 1x; Youngs visit CA 1x
3. Adam/Melissa family- 6x visits to Adams; 3x visits to San Clemente
4. Caplan family- Bimonthly dinners
5. Extended families

### B. HEALTH/FITNESS

1. Weight (or less) by quarter: 180-178-176-178
2. No wine unless less than 182 lbs (4 free days per month). Wine days to be less than workout days annually.
3. Workout 6 times per week/ 300 year.
4. Marathons: need 5 to compete total 100. Goal is to get these with #100 in Athens. Tentative opportunities include:
  - a) 3/21 Los Angeles
  - b) 4/25 Big Sur
  - c) 5/2 Prague
  - d) 6/6 San Diego
  - e) 10/3 London Marathon
  - f) 9/11 Surf City
  - g) 11/5 Athens
5. Potato Chip hike
6. Rim2Rim
7. Return to triathlon- 1 race minimum
8. Run 1200 miles/100 monthly/ 240 hours
9. Bike peloton 300 rides/ 30 minute rides/ 16 mph/ 150 hours/ 2400 miles/ 200 miles month
10. Rowing 50 hours year/ 1 hour week/ 4 hours month
11. Steps 5 million year/ 416k month/ 13k day
12. Distance on foot 2400 miles year/ 200 month/ 6.5 day
13. Sit ups 60k year/ 5k month/ 165 day
14. Yoga 1 monthly
15. Swim 50 hours/ 5k yards per hour/ 250k yards year/ 25k month
16. Sleep 7 hours nightly
17. Blood platelets donation 4 times year

18. Golf 6 times month/ 72 rounds year
  19. Top 100 golf of 5 rounds to complete 100
  20. Doctors- medical 2x; dentist 3x; eyes 1x; skin 4x
  21. Floss daily
  22. Water half gallon daily
- C. TRAVEL/QUALITY OF LIFE
1. Cabo week – date undetermined
  2. Cruise Caribbean + Moses/Shavitz/Williams visits FL – 2/11-22
  3. Monterey, CA 3/15-20
  4. Prague Marathon+ 5/2
  5. Alaska cruise 5/10-17
  6. PGA Kiawah 5/21-23
  7. Young family visit to Calif – June
  8. National Parks trip Utah, Arizona– date undetermined
  9. London Marathon- 10/3- then Prague, Paris, Dublin
  10. Athens Marathon – early Nov, then Med cruise
- D. BUCKET LIST/EVENTS
1. Publish Life By Design book
  2. Top 100 Golf completion
  3. Marlin fishing Cabo
  4. Super Bowl if Eagles in
  5. Hot air balloon
  6. Attend box match
  7. Bikram hot yoga
  8. Have palm read
  9. Kiss on top of ferris wheel
  10. Wrap a snake around neck
  11. Reagan/Nixon Libraries
  12. Hoover Dam visit
- E. HOUSEHOLD
1. Finish back yard improvement
  2. Change accounting/tax firm
  3. Invest management review 2x year
- F. BALANCE/PERSONAL DEVELOPMENT
1. Books 52 year
  2. Movies 48 year
  3. Magazines 6 monthly
  4. Handwritten notes 180 year
  5. Dinner parties at house – 1 monthly

I will not go gently into the night!