

YEAR IN REVIEW 2020 – JACK DALY

My goals were set before the pandemic engulfed us all. Life balance, a loving relationship personally, business contributions, world travel and health/fitness were at the core. Much was accomplished, requiring considerable navigation. Pleased with outcomes/results.

SUMMARY REFLECTIONS:

1. How I've lived my life these past 12 months?
 - a. Focused on controllables
 - b. Reconfigured business and life plans
 - c. Measured for results
 - d. Proud and pleased with outcomes
2. Highlights of 2020?
 - a. Two surgery recoveries
 - b. Relationship with Karen and housing in San Clemente
 - c. Fitness focus
 - d. Reconfigured business
 - e. New book-first draft
3. Most proud of?
 - a. Steadfast positivity despite several adversities
4. Most challenging?
 - a. Severed quad tendon recovery
5. Who most grateful for?
 - a. Karen Caplan helped me in so many ways with her consistent love and care, particularly as we confronted two serious surgeries. Her companionship meant the world to me during the pandemic challenges.
6. Best decision?
 - a. Keeping my house in San Clemente and having Karen join me there.
7. Life Lessons learned?
 - a. No matter the situations one encounters in life, there is much more to be grateful for.

TALE OF THE TAPE:	2020	2019
Weight	+7	-12
	2020	2019
Workout days	254	230
Wine days	337	229
Exercise hours	629	387
Steps	5,572k	4,776k
Run miles	1323	1189
Run hours	343	263
Bike miles	1759	105
Bike hours	113	7
Peloton rides	318	-
Rowing hours	92	27
Swim hours	26	-
Strength hours	53	87
Sit ups	61,800	24,500
Overall distance miles	2595	2243
Sleep hours	8.18	7.6
PT sessions/hours	102	-
Golf rounds	31	3
Books	44	33
Movies	80	126
Note cards	192	319
Gigs	30	59
Air miles	25,408	185,827
Air flights	28	115

	2020	2019
Sleep at home nights	339	155
Dress Up dinners	15	na
Family dinners	8	na

Note: Many of the discrepancies, year over year, reflect the impact of the pandemic. Upon review, pleased with the navigation and results.

LOWLIGHTS:

1. Travel out of North America – zero
2. Marathons – zero
3. LBI Family Reunion – zero
4. Blood platelet donations – zero
5. Top 100 golf courses – zero
6. PGA tourneys attended – zero
7. Yoga – zero

HIGHLIGHTS:

1. Health- severed quad tendon and malignant melanoma surgery recoveries
2. Housing – Karen’s house sold; live together in San Clemente house; inside San Clemente house beautification complete; outside house enhancements underway for completion in 2021
3. Navigate business model – virtual studio built into SC house; Guinness World Record for virtual conference; expanded Coach client portfolio; first quarter travel in North America included several USA states, Victoria IS in Canada and Cabo in Mexico
4. New book draft complete – Jack Daly’s Life by Design
5. Exercise events – Peloton bike purchased 6/21, completed 318 rides; 3 half marathons run; Potato Chip rock hike, comprising 84 flights of climbing; Hollywood Sign hike

6. Family – Karen’s Mom Frieda Celebration of Life; birth of first Grandchild for Karen of Eli Berkley; Visit Melissa Young family in VA; Melissa Young family visit to CA and joint family celebrations with Adam Daly family; Rick & Kathy Iovine visit to CA in Feb and Rick visit to CA in Nov; August 18 one year anniversary of first kiss with Karen
7. Golf – Joined Bella Collina golf club; purchase of new clubs by Karen/Jack
8. Personal travel – Grand Canyon; Las Vegas; Napa; Catalina Island; La Jolla
9. Cars – Karen and Jack each buy new electric Jaguars

GOING FORWARD:

There are many unknowns as the year 2021 begins, given the pandemic and arrival of a vaccine. Both Karen and I have put together our traditional and ambitious personal and business plans. As in 2020, some of our ambitions may be postponed and require rescheduling, however we will remain proactively resilient and navigate accordingly. We enthusiastically welcome 2021!