

## PERSONAL GOALS 2022 – JACK DALY

THEME: Once again, the goal is life balance. The relationship Karen and I have built has exceeded both of our expectations and it's our intent to keep that mojo going. Concurrent with that is her running and growing her business, while I add value to my clients as a professional speaker and CEO Coach. We each expect our travel to increase measurably in 2022, which will be something we will need to be proactive communicators with one another such that the life balance we seek remains intact. The pandemic appears to continue in some capacity into 2022, which leaves some of our plans in a "subject to cancel/reschedule" mode, but our plans include a continued emphasis on health/fitness, treasured time with kids and grandkids, renewed world travel, pursuit of Bucket Lists and improved golf games! We are grateful for the lives we live.

### A. FAMILY

1. Relationship with Karen
  - a. Twice monthly dinners with family/friends
  - b. Twice monthly "dress up" dinners
  - c. Outside runs together
  - d. Movies together (12)
  - e. Golf rounds together (50)
2. Melissa/Nathan family – visit VA 2x; Youngs visit CA 1x
3. Adam/Melissa family – 8x visits to Adams; 4x visits to San Clemente
4. Caplan family – Bimonthly dinners
5. Extended families

### B. HEALTH/FITNESS

1. Weight (or less) by quarter: 183-181-180-180
2. No wine unless less than 184 lbs (4 free days per month). Wine days to be less than workout days annually
3. Workout 6 times per week/ 300 year
4. Half marathon weekly (52)
5. Potato chip hike
6. Return to triathlon – 1 race minimum
7. Run 1000 miles/ 85 monthly/ 220 hours
8. Bike peloton 360 rides/ 20 minute avg ride/ 16 mph/ 120 hours/ 1900 miles/ 160 miles month

9. Rowing 150 hours year/ 3 hours week/ 12 hours month
- 10.Steps 5 million year/ 416k month/ 13k daily
- 11.Distance on foot 2400 miles/ 200 month/ 6.5 daily
- 12.Yoga 1 monthly
- 13.Swim 24 hours/ 5k yards per hour/ 120k yards year/ 10k monthly
- 14.Sleep 8 hours nightly
- 15.Golf index improve: 20.7 to 16
- 16.Golf 7 times monthly/ 84 rounds year
- 17.Top 100 golf of 5 rounds to complete 100
- 18.Doctors: medical 2x; cancer 8x; skin 4x; dentist 3x; eyes 1x
- 19.Floss daily
- 20.Water half gallon daily

C. TRAVEL/QUALITY OF LIFE

1. Puerto Rico – Feb
2. South Florida – Feb
3. Cruise Caribbean – Feb/Mar
4. Young family visit – April
5. NYC Theater/Friends April
6. Chile – May
7. Big Island Hawaii – June
8. Tahoe/Yosemite
9. Bandon Dunes
- 10.Napa
- 11.Prague/Paris/London/Dublin
- 12.Cabo
- 13.Alaska Cruise
- 14.Vegas/Hoover Dam
- 15.Monterey/Carmel

D. BUCKET LIST/EVENTS

1. Official Book signing release – Life by Design – Mar
2. Top 100 5 courses with Rick Iovine/others
3. Marlin fishing Cabo
4. Hot air balloon
5. Attend box match

6. Have palm read
  7. Kiss on top of ferris wheel
  8. Wrap a snake around neck
  9. Get hypnotized
  10. Saber a champagne bottle
- E. HOUSEHOLD
1. Front yard relandscape
  2. Invest mgmt. review – 2x year
- F. BALANCE/PERSONAL DEVELOPMENT
1. Books 75 year
  2. Movies 120 year
  3. Magazines 6 monthly
  4. Handwritten notes 180 year
  5. Dinner parties at house – 1 monthly

Life is to be lived!