

PERSONAL GOALS 2023 – JACK DALY

THEME: In review of my life in the past few years, losing my wife Bonnie to cancer, my personal battle with cancer and finding Karen to join me in love and life's adventures, 2023 will mark the official lift off to my next 25 years. My first 25 years were in preparation to be an adult; the second 25 were pursuing life as a serial entrepreneur and the most recent 25 years were dedicated to traveling the world as a speaker, coach and author assisting business professionals to "up their game." While I plan to continue CEO Coaching and professional speaking, my client portfolio will be pared down in size and the majority of speaking will shift to "Life by Design". World travel will be sizeable, combining speaking gigs with personal adventure. Increased time with kids and grandkids is in the plan, along with golf locally and world-wide. An emphasis on health/fitness continues to be a focus and dialing in on our Bucket Lists will both prove to be fun and rewarding. Gratefulness for life is the mainstay, and as we travel, we intend to positively make a difference in other people's lives.

A. FAMILY

1. Relationship with Karen
 - a. Twice monthly dinners with family/friends
 - b. Twice monthly "dress up" dinners
 - c. Outside runs together
 - d. Gym workouts for strength together
 - e. Golf rounds together (60+)
 - f. Deep dive into Eight Dates (1 per month with Karen)
2. Melissa/Nathan Family – visit east coast at least 3 times
3. Adam/Melissa Family – 6x visits to Adam's; 3x visits to San Clemente
4. Caplan Family – minimally bi-monthly visits
5. Extended families – as opportunities are presented

B. HEALTH/FITNESS

1. Weight by quarter: 187-185-183-183 minimally
2. No wine unless less than 190 lbs (4 free days per month). Wine days to be less than workout days annually. January wine on rare exception only.
3. Workout 6 times per week/300 per year
4. Potato chip hike, minimally once per year
5. Run 1,000 miles/85 monthly/250 hours
6. Bike peloton 300+ rides/15 minute avg/16 mph/75 hours/1200 miles/100 miles per month
7. Rowing 150 hours per year/3 hours per week/12 hours per month
8. Steps 5 million year/416k month/13k daily avg
9. Distance on foot 2400 miles/200 monthly/6.5 miles daily
10. Strength workouts 100 per year/ 2 times per week

11. Yoga 1 monthly
12. Swim 12 hours/5k yards per hour/60k yards per year/5k monthly
13. Sleep 8 hours nightly
14. Golf 84 rounds year/7 times monthly
15. Golf index improvement from 20 to 16
16. Top 100 golf of 4 rounds to complete the 100
17. Learn to play Pickleball with Karen
18. Water half gallon daily
19. Floss daily
20. Doctors: medical 2x; cancer 2x; skin 4x; dentist 3x; eyes 1x
- 21.

C. TRAVEL/QUALITY OF LIFE

1. Ft. Lauderdale – Feb
2. India – Mar
3. Ireland – May
4. South FL – May
5. Victoria/Vancouver – Jun
6. LBI – Jun
7. Branson – Jun
8. Grand Canyon R2R2R – Jun
9. NYC US Open Tennis/Theatre – Sep
10. Napa – Oct
11. Machu Picchu/ Galapagos – Oct/Nov
12. Cruise - ?
13. Cabo - ?
14. Vegas/Hoover Dam - ?
15. Tahoe/Yosemite - ?
16. Seattle - ?

D. BUCKET LISTS/EVENTS

1. Top 100 courses completing the 100
2. Donate hair to cancer patient (12 inches+)
3. Marlin fishing Cabo
4. Attend boxing match
5. Golf St. Andrews
6. Hot Yoga
7. Hoover Dam
8. Astrology/Palm read sessions
9. US Open Tennis
10. Write kids book “Life by Design”
11. Waiter 100% tip

12. Skinny dip
13. Taj Mahal
14. Golden Temple Sri Lanka

E. HOUSEHOLD

1. Investment Mgmt review 2x yearly

F. BALANCE/PERSONAL DEVELOPMENT

1. Books 75 yearly
2. Movies 100 yearly
3. Magazines 6 monthly
4. Handwritten notes 200 yearly
5. Dinner parties at house – one monthly

LIFE BY DESIGN!