

PERSONAL GOALS 2024 – JACK DALY

THEME: I turn 75 years young this year. My first 25 years were in preparation for adulthood; my second 25 years were primarily the life of a serial entrepreneur and my most recent 25 years were dedicated to travelling the world as a professional speaker, business coach and author assisting business professionals to “up their game.” While Karen and I truly enjoyed a magical year of travel in 2023, we also agreed that there can be such a thing as “too much travel.” That said, we will cut our travel back some for 2024 (still more than most). We both plan on serving our coaching clients and professional speaking, albeit at a less ambitious level than in previous years. Blessed with living in a beautiful part of the world, we will focus on more time here in Southern California and time with kids and grandkids. Health and fitness will continue to be a priority, along with golf and pursuit of our respective Bucket Lists. As we travel through life in 2024 it’s our aim to make a positive difference in other people’s lives, while having fun and recognizing how special our lives are. In a word, grateful.

A. FAMILY

1. Relationship with Karen
 - a. Twice monthly “dress up” dinners
 - b. Outside jogs together
 - c. Gym workouts for strength together
 - d. Golf rounds together (60+)
 - e. Deep dive into Eight Dates (1 per month with Karen)
 - f. Monthly dinners with family/friends
2. Louisa, VA visits at least 3X
3. Caplan Family – minimally bimonthly visits
4. Extended families – as opportunities are presented

B. HEALTH/FITNESS

1. Weight by quarter: 187-185-185-185 minimally
2. No wine unless under 190 lbs (4 free days per month). Wine days to be less than workout days annually. Wine in January on rare exception only.
3. Workout 5 times per week/ 250 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 min avg/ 16 mph/ 75 hours/ 1200 miles

7. Rowing 150 hours per year/ 3 hours per week/ 12 hours month
8. Steps 5 million year/ 416k month/ 13k daily
9. Distance on foot 2200 miles/ 180 monthly/ 6 miles daily
10. Strength workouts 150 per year/ 3 times per week
11. Yoga 1 monthly
12. Swim 12 hours in the year/ 5k yards per hour/ 60k yards per year
13. Sleep 8 hours nightly
14. Golf 84 rounds per year/ 7 times monthly
15. Golf index from 20 to 17
16. Learn to play pickleball
17. Water half gallon daily
18. Floss daily
19. Doctors: medical 2x; cancer 2x; skin 4x; dentist 3x; eyes 1x

C. TRAVEL/QUALITY OF LIFE

1. Charlottesville – Jan – Jun – Oct – Dec
2. Dublin – Jan
3. Mexico – Feb
4. South Carolina – Feb
5. Cabo – Mar
6. Napa – Spring
7. Fresno/Yosemite – May
8. Cruise Greek Isles – Jun
9. Prague/Europe – Jun
10. Egypt/Morocco – between Oct thru Apr
11. Golf trip – Bandon or Pebble or Whistling or Streamsong
12. Golf trip – Palm Springs

D. BUCKET LIST

1. Jack 75th birthday – Let's throw a party!
2. Marlin fishing Cabo
3. Attend boxing match
4. Astrology/palm read
5. Get hypnotized
6. Waiter 100% tip
7. Skinny dip
8. Pyramids

E. HOUSEHOLD

1. Investment management review 2x yearly
2. Bring order to wine cellar
3. Reorganize home office and financial records

F. BALANCE/PERSONAL DEVELOPMENT

1. Books 60 yearly
2. Movies 125 yearly
3. Magazines 6 monthly
4. Handwritten notes 200 yearly
5. Dinner parties at house – 12 yearly
6. Jack & Karen speaking together
7. Explore and decide on book for young adults – Life by Design
8. Explore Life by Design Group launch
9. Year in the Life photo book – 75 years young!

BRING ON 2024, WITH GOOD HEALTH, HAPPINESS AND EXCITEMENT
THROUGHOUT THE YEAR!