

APPENDIX 1: PERSONAL GOALS SAMPLES

PERSONAL GOALS 2017—JACK DALY

Theme: Life balance is a priority, continuing to “make a difference” as a professional speaker while enjoying more home life in Southern California. Physical fitness while having fun (bucket list) and world travel is part of such balance.

A. Family

1. Bonnie
2. Melissa’s family
3. Adam
4. Extended family

B. Health

1. Weight (or less) by quarter: 180-177-175-173.
2. No wine unless < 180 lbs (four free days per month). Wine days to be less than workout days.
3. Workouts four to five times per week / 250 a year.
4. Marathons: Forty-nine states completed / eighty-eight total, in quest of fifty states / all continents / one hundred overall. Continents to be completed in May. Fifty states to

be completed in October.

- a) Disney Half—January
 - b) Surf City—February
 - c) DC—March
 - d) Great Wall of China—May
 - e) Atlantic City—October
5. Triathlons: Asia Ironman will complete all continents, with Malaysia in November.
 - a) Oceanside 70.3—April
 - b) Maine 70.3—August
 - c) Malaysia full—November
 6. Swim seventy-two thousand yards / twenty-four hours a year / two hours a month
 7. Run seven hundred miles / 132 hours a year / eleven hours a month
 8. Bike twenty-five hundred miles / 144 hours a year / twelve hours a month
 9. Bike stationary fifteen hundred miles / 108 hours a year / nine hours a month
 10. Strength / seventy-two weight workouts a year / six a month
 11. Rowing forty-eight hours / four hours a month
 12. Blood platelet donations / six a year
 13. Doctors: medical—Dec; dentist—three times a year; eyes—summer; skin—May

14. Floss daily
15. Water / half gallon daily
16. Sleep / six hours nightly

C. Quality of life / travel / vacations

1. Mexico/Cabo—February
2. Murphy family in California—February
3. Peru/Chile/Machu Picchu—March
4. Family cruise: Caribbean—April
5. Hamilton Island, Australia—April
6. China/Thailand—May
7. Palm Springs—June
8. California beach week—August
9. Iovines in California—August
10. South Carolina golf with Rick—September
11. Nova Scotia—September

D. Visits with the Young family

1. March—DC
2. April—cruise
3. June—Palm Springs
4. July—Charlottesville
5. October—Atlantic City
6. December—Christmas

E. Golf Top 100: ninety-two total. Goal of four more in 2017.

F. Events

1. Mexico/Cabo
2. Adam's wedding
3. China tours / Great Wall / Thailand
4. Malaysia/Ironman
5. Nova Scotia/golf
6. Ireland/golf
7. Carolina golf/Rick
8. Hollywood sign—June
9. Blimp—June
10. Indoor skydive
11. Segway
12. Bikram hot yoga
13. AcroYoga
14. Publish two new books—Shavitz & Bailey
15. Several photo books

G. Household

1. Sell LaQuinta house
2. New car—Jack
3. Investment mgmt. review / two times a year

H. Balance / personal development

1. Books: thirty per year
2. Movies: sixty per year
3. Magazines: twelve monthly
4. Manage/monitor sleep nights

QTR	1	2	3	4	TOTAL
Business	29	30	27	25	111
Home	47	35	48	43	173
Fun	14	26	17	24	81
Total	90	91	92	92	365
Meals at home	30	25	36	26	117

PERSONAL GOALS 2018—JACK DALY

Theme: Life balance is a priority, continuing to “make a difference” as a professional speaker and CEO coach while enjoying more home life in Southern California. Physical fitness while having fun (bucket list) and world travel is part of such balance.

A. Family

1. Melissa’s family
2. Adam’s family
3. Extended family

B. Health

1. Weight (or less) by quarter: 180-177-175-175.
2. No wine unless < 182 lbs (four free days per month). Wine days to be less than workout days annually.
3. Workouts four to five times per week / 250 a year.
4. Marathons: Fifty states completed / ninety-six total; marathon all continents; one hundred overall total goal. Continents to be completed in May; fifty states to be completed in April.
 - a) DC—March
 - b) Charlottesville—April
 - c) Cape May, NJ—April (That's fifty states!!)
 - d) Great Wall of China—May (That's all continents!!)
 - e) Berlin, Germany—September (will be four of the world's Big Six)
 - f) Catalina Island ECO Marathon—November
 - g) Others as present selves on calendar
5. Triathlons: Not of emphasis this year. As calendar presents opportunity.
6. Swim seventy-two thousand yards / twenty-four hours a year / two hours a month
7. Run seven hundred miles / 132 hours a year / eleven hours a month
8. Bike two thousand miles / 120 hours a year / ten hours a month
9. Bike stationary five hundred miles / thirty-six hours a year / three hours a month

10. Strength / ninety-six weight workouts a year / eight a month
11. Rowing / forty-eight hours a year / four hours a month
12. Blood platelet donations / five a year
13. Doctors: medical—January and July; dentist—three times a year; eyes—summer; skin—May
14. Floss daily
15. Water / half gallon daily
16. Sleep six hours nightly

C. Quality of life / travel / vacations

1. Ireland—January
2. Maui—February
3. China—May
4. Cape May family reunion—May
5. Australia—July
6. Asia—August
7. Grand Canyon—September

D. Visits with the Young family

1. March—DC
2. April—Charlottesville
3. May—Cape May
4. Various—open opportunities
5. December—Charlottesville
6. Open—Long weekend with the grandsons

E. Golf Top 100: ninety-three to date / target goal of ninety-seven

F. Rejoin golf club; play fifty rounds

G. Events / bucket list

1. Ireland
2. Maui
3. Super Bowl if Eagles in
4. China tours / Great Wall
5. Climb to Big Buddha—Hong Kong
6. Fiftieth state marathon
7. All-continents marathons
8. Pine Valley Golf
9. Rim2Rim2Rim
10. Indoor skydive
11. Attend boxing match
12. Bikram hot yoga
13. AcroYoga
14. Shear a sheep
15. Visit Hoover Dam
16. Several photo books

H. Household

1. House improvements / enhancements
2. Investment management review / twice a year

I. Balance / personal development

1. Books: thirty per year
2. Movies: sixty per year
3. Magazines: twelve monthly
4. Manage / monitor sleep nights

QTR	1	2	3	4	total	%
Business	26	21	18	14	79	22%
Home	50	40	59	63	212	58%
Fun	14	30	15	15	74	20%
Total	90	91	92	92	365	

PERSONAL GOALS 2019—JACK DALY

Theme: Life balance is the goal, marrying my quest to “make a difference” as a professional speaker and CEO coach while enjoying a mix of more time at home, exercise as a staple to include added emphasis on golf, world travel, and continuing pursuit of the bucket list.

A. Family

1. Relationship with Leslie
2. Melissa’s family
3. Adam’s family
4. Extended family

B. Health

1. Weight (or less) by quarter: 185-183-180-180.
2. No wine unless less than 185 lbs (four free days per month).
Wine days to be less than workout days annually.
3. Workouts four to five times per week / 250 a year
4. Marathons: Currently at ninety-three, goal of one hundred total, a few in 2019
 - a) Surf City: Feb 3—94
 - b) London: Apr 6—95
 - c) Berlin: Sep—96
 - d) Others as opportunity presents
5. Triathlons—not of emphasis in 2019
6. Swim seventy-two thousand yards / twenty-four hours a year
/ two hours a month
7. Run twelve hundred miles / 240 hours a year / twenty hours
a month
8. Bike one thousand miles / sixty hours a year / five hours a
month
9. Strength / ninety-six weight workouts a year / eight a month
10. Rowing / thirty-six hours a year / three hours a month
11. 3.6 million steps / three hundred thousand monthly / ten
thousand daily
12. Sit-ups / fifty daily / fifteen hundred monthly / eighteen
thousand annually

13. Yoga / one day a month
14. Blood platelet donations / five per year
15. Doctors: medical—Jan and July; dentist—three times a year; eyes—summer; skin—May
16. Floss daily
17. Water / half gallon daily
18. Sleep / seven hours nightly

C. Quality of life / travel / vacations

1. Cruise: Bahamas and San Juan Puerto Rico—Jan
2. India—Mar
3. Sri Lanka—Mar
4. Dubai—Mar
5. Copenhagen—Mar
6. Vegas—April
7. London—April
8. Asia—May
9. Hawaii—Jun
10. Calgary—Jul
11. Australia—Jul
12. Prague/Paris—Aug
13. Cruise?—Aug
14. Kenya—Sep
15. Berlin—Sep

16. New Mexico—Oct
17. Napa Valley—Oct
18. Cabo—Nov or Dec

D. Visits with the Young family

1. April—Charlottesville
2. June—California
3. Oct—New Mexico
4. Dec—Charlottesville
5. Various as windows of opportunities present
6. BHAG—long weekend with grandsons

E. Golf

1. Top 100—has ninety-five complete; more in 2019 as presented
2. Play forty rounds
3. New clubs
4. Lessons
5. Index to twenty

F. Bucket list / events

1. Cruise Puerto Rico/Bahamas
2. India
3. Copenhagen/Denmark
4. London

5. Golf St. Andrews
6. Masters attend
7. Super Bowl if Eagles in
8. PGA Bethpage
9. Oahu, Hawaii
10. Vegas/James Taylor
11. Asia
12. Calgary Stampede
13. Brother Joe and Sandy visit for a week to CA
14. Australia
15. Prague/Paris
16. Kenya/Safari
17. New Mexico Balloon Festival
18. Napa Valley wine tasting
19. Jerusalem
20. Attend boxing match
21. Bikram hot yoga
22. AcroYoga
23. Shear a sheep
24. Hoover Dam visit
25. Several photo books: photo a day plus others as present

G. Household

1. Backyard enhancement
2. Investment management review twice a year

H. Balance / personal development

1. Books: thirty a year
2. Movies: seventy a year
3. Magazines: twelve monthly
4. Sleep nights/balance

QTR	1	2	3	4	Total	%
Business	44	28	16	15	103	28%
Home	31	41	42	66	180	50%
Fun	15	22	34	11	82	22%
Total	90	91	92	92	365	

5. Handwritten note of one or more per day

PERSONAL GOALS 2020—JACK DALY

Theme: Life balance is the goal, combining my commitment to “making a difference” as a professional speaker and CEO coach while enjoying a mix of more time at home nurturing a new relationship in my personal life. World travel will continue to be a priority, while pursuit of my bucket list and exercise as a life staple are key components in providing balance to my professional pursuits.

A. Family

1. Relationship with Karen
 - a) Monthly dinner with family/friends
 - b) Monthly “dress up” dinner
 - c) Outside runs together
 - d) Shared gym time
 - e) Movies together (6)
 - f) Reagan/Nixon libraries
2. Melissa’s family
3. Young family
4. Extended family

B. Health

1. Weight (or less) by quarter: 180-178-178-175.
2. No wine unless less than 182 lbs (four free days per month).
Wine days to be less than workout days annually.
3. Workout four to five times per week / 250 a year
4. Marathons: Due to broken leg on December 5, my five scheduled marathons will shift to 2021. Goal is one (unspecified) in 2020, pending doctor’s green light.
5. Run three hundred miles / sixty hours
6. Bike one thousand miles / sixty hours
7. Strength / ninety-six weight workouts a year / eight a month
8. Rowing / twenty-four hours a year / two hours a month

9. Two million steps / 167,000 a month / 5,500 a day
10. Distance on foot / one thousand miles a year / eighty-three a month
11. Sit-ups / fifty daily / fifteen hundred monthly / eighteen thousand a year
12. Yoga / one session monthly
13. Restart blood platelet donations / two for year
14. Doctors: medical—Jan and July; dentist—three times year; eyes—summer; skin—twice a year
15. Sleep / seven hours nightly
16. Floss daily
17. Water / half gallon daily

C. Quality of life / travel / vacations

1. Cabo 2/15–20
2. Grand Canyon 2/21–23
3. NYC 3/19–23
4. Prague/Paris/London 4/30–5/15
5. Toronto 5/27–28
6. Long Beach Island 5/28–6/6
7. Australia/NZ 7/17–8/2
8. London/Dublin 10/12–18

D. Visits with the Young family

1. June—Long Beach Island
2. Open—Southern California
3. Sept—DC
4. Dec—Charlottesville
5. BHAG—long weekend with grandsons

E. Golf—complete Top 100 (at ninety-five now) by August 2020

F. Bucket list / events

1. Write / publish “life” book
2. Napa wine country 7/10–13
3. *Hamilton*—NYC—March
4. PGA Tourney—SF 5/15–18
5. Long Beach Island 5/28–6/6
6. Top 100 golf (5)—August
7. Ryder Cup—Wisconsin 9/25–27
8. Iovines outing—open timing/event
9. Marlin fishing—Cabo—Feb
10. Catalina Island
11. Wrap a snake around neck
12. Kiss on top of Ferris wheel
13. Have palm read
14. Super Bowl if Eagles in—Feb

15. Hot-air balloon
16. Attend boxing match
17. Bikram hot yoga
18. Reagan/Nixon libraries
19. Hoover Dam visit—Feb
20. Several photo books

G. Household

1. Sell house
2. Buy house
3. Move
4. Investment mgmt. review—twice per year

H. Balance / personal development

1. Books: thirty a year
2. Movies: eighty a year
3. Magazines: twelve monthly
4. Handwritten note of one or more every other day / 180 total for year
5. Sleep nights / balance
 - a) Business 100 27%
 - b) Home 170 47%
 - c) Fun 95 26%
 - d) Total 365 100%

Note: Due to my broken leg in December 2019, many of my health/fitness goals have been materially reduced from prior years, as physical therapy will be the first half of year priority. By second half of 2020, goal is to be at prior-year run rates. Bring on the decade!