

2015 GOALS

- **Personal Goals**
 - **Fitness** – *Be healthy, fit, strong, and energized*
 - **CrossFit**
 - Continue to train CrossFit 3-6 times a week.
 - Train smart
 - Set daily intentions for workouts
 - Compete in at least one CrossFit competition.
 - Do additional training cycles and programs outside of the classes and box programming.
 - Abs
 - Strength
 - Gymnastics / Skills
 - Work with Gabe or other coaches to get on specific programs with specific goals.
 - Benchmarks:
 - Fran: 3:30
 - 400lb Deadlift
 - 185lb Snatch
 - 245lb Jerk
 - 255lb Clean
 - 225lb Bench Press
 - 45 Unbroken Pull Ups
 - 300 Unbroken Double Unders
 - 50 Unbroken Triple Unders
 - 55 Unbroken Push Ups
 - **Other**
 - Get up to 170lbs with 9% body fat by June. Maintain this, or get better! (Gain more weight while keeping the body fat down.)
 - Ride road bike, run, and mobilize/stretch on a regular basis when it makes sense in training and active recovery.
 - Stay tan, and go tanning at the beach when it's warm.
 - Try out other types of fitness classes as a way to change things up, learn about myself and my body, get out of my comfort zone, possibly meet new people, etc.
 - Rock Climbing, Pilates, Hot Yoga, Spinning, Trapeze Class, Boxing/Fighting
 - Reach out to Hunter McIntire. Spartan race champion in Malibu that said he's willing to take people out for a march through the woods and stuff on the Wodcast. (<https://www.facebook.com/H.McIntyre>)
 - Explore different types meditation

- Use this as a way to learn to control my mind and breath with the intent to become a better athlete and learn to push through struggles during workouts.
 - If it seems to work, then implement it into my life where I see fitting.
 - Strive for two times per day for 20 minutes each.
- **Nutrition** – *Maintain a clean, healthy, plant-based diet.*
 - Constantly seek out information and learn about plant-based nutrition.
 - Continue to try new foods, experiment in the kitchen, and learn to cook new things.
 - Work on learning to make Indian style dishes.
 - Take a cooking class, or work with someone like my friend Katie to learn cooking basics like:
 - Knife skills
 - Layering flavors
 - Acid / salt / sweet / etc.
 - Seasoning
 - Continue to keep everything in moderation and be flexible. Gluten-free, sugar-free, preservative-free are important, but it's also important to enjoy life and not take everything so seriously.
- **Hobbies** – *Stay active with what I enjoy, try new things, and have fun.*
 - **BMX**
 - Continue to ride BMX on a regular basis as it comes and goes.
 - **Snorkeling**
 - Continue to go snorkeling with friends locally and while traveling.
 - **Surfing**
 - Continue to do this and progress.
- **Travel**
 - Take a trip to at least one US national park with camping and photography in mind. (Ideas: Grand Canyon, Zion, Arches, Antelope Valley, Yosemite)
 - Go camping somewhere relatively local. (Within a few hours drive.)
 - Travel as needed for work.
 - Enjoy my travels, but don't feel like I need to go anywhere or do anything—I've already done plenty for now.
- **Friends**
 - Continue to look for new, close friends to build up my personal relationships.
 - When I bring Hercules places.
 - At the gym.
 - At new work environments like fitness competitions.

- Attend a three “meet ups” throughout the year from somewhere like meetup.com.
 - **Personal growth**
 - Volunteer in Long Beach with a youth organization as a way to give back to the community and help inspire kids, and as a way for me to connect with people, socialize, network, and learn about myself.
 - Continue to work on listening to people with the intent to understand and ask deep, meaningful questions.
 - Start thinking about my intention for things in every day life. Focus on why I do something before I do it. Lay out the reason for doing the task or activity or making the action or decision.
 - Start a personal podcast by March.
 - The intention is to have interesting conversations that I normally wouldn’t have with people who inspire me and will hopefully inspire others.
 - Only after I feel like the podcast is valuable for my guests, my audience, and myself will I begin to search out possible revenue streams from the podcast.
 - The idea is to be open, honest, and candid while respecting my family, others, and myself.
 - **Family**
 - Visit my family in Louisiana at least two times.
 - FaceTime with Madison and Harrison every month.
 - Call Grandma, Mom, Evan, Erin, and Morgan every month.
 - Put \$250 into Madison’s college fund.
 - **Women**
 - Continue to focus only on women with serious relationship potential.
 - If I haven’t met anyone special by May, then sign up for Match.com and use that to try to meet someone.
- **Business Goals**
 - **BMX** - *Continue to stay relevant in the BMX world by shooting photos and filming videos.*
 - Focus on larger paying jobs with larger companies.
 - Focus on photography more than video production.
 - Net \$XXXXXX or more from the BMX industry.
 - **Fitness** - *Build up my skills, portfolio, and reputation in the fitness industry*
 - Gain 10 new photography clients in the fitness industry.
 - Shoot the CrossFit Games and Regionals again
 - Net \$XXXXXX from the fitness industry
 - **Other** - Start a new business.
 - Start a profitable XXXXX.
 - Similar to XXXXX

- Be able to pay a team of people.
 - Work towards growing with long-term strategies in mind so that it becomes XXXXX within two years of launch.
 - Launch the business by the end of February.
 - Reach profitability by August.
- **Real Estate Photography** – *Use this business only as it comes my way, if fast cash is needed, and/or when BMX or fitness work is slow.*
- **Real Estate Investing**
 - Purchase at least one rental unit by August.
 - Continue to have my property managers run my current five units as profitable passive income streams that do not add stress to my life.
- **Business Education**
 - Learn more about running a LLC, for my real estate company and for my new business.
 - Listen to motivational and/or educational podcasts on a regular basis.
 - Subscribe to Adam Carolla’s “Take A Knee” podcast
 - Listen to or read one motivational and/or educational book every month.
 - December 2014: Unbeatable Mind by Mark Divine
 - My biggest take away from this book was that in order to form a tough mind and in turn become a better athlete and leader you must learn to control your mind and breath. This gave me the “reason” why I should start meditating.
 - January: Me Inc. by Gene Simmons
 - My biggest take away(s) from this book are: You can fail in business and still be okay. Even if you can’t pay your debt, you can file for bankruptcy and have your debt wiped clean. Also, do many businesses and projects. Also, give back!
- **Financial Goals**
 - **Increase Personal Net Worth** – by 25%
 - From XXXXX to XXXXX
 - **Implement Personal Payment & Investment Plan**
 - Paychecks: Only make deposits (into my regular savings account) on the 1st and 15th of each month. At the time of deposit...
 - 7% of the deposit goes into active investing account
 - 7% of the deposit goes into real estate LLC account
 - Pay myself \$ XXXXX into my checking account on the 14th and 28th of each month.
 - Automatically transfer \$416 from savings into my Roth IRA on the first of each month so it is maxed out for the year by the end of the year.

- **Save For Car**
 - Save \$XXXXXX to put towards a pre-owned Mercedes that I will purchase in early 2016
 - On the 1st of each month, put \$XXXXXX into an account specifically to save for the car.
- **Active Investing**
 - Discuss active investing with my financial mentor, come up with game plan, and implement by March.
 - Should I pay someone to manage funds for me?
 - Should I put more money into active investing right now and less into Roth IRA?

Long-Term (Lifetime) Goals

- **Have a Family**
 - A beautiful and fit wife with a kickass personality.
 - Child(ren) that I am proud of, and who are proud of me.
 - Be able to go on adventures and have fun with my family.
- **Achieve Financial Freedom**
 - Be financially free by the age of 45 so I don't have to work unless I choose to.
 - Have enough disposable income to fund big adventures and impulse purchases without concern for how those expenses affect my net worth.
 - Ability to purchase the house(s) and vehicle(s) of my choice without having to worry about the money that is spent affecting my life or my quality of life.
 - Create enough wealth to have some kind of a positive impact when I'm gone—either for my family, or for my community, or for my world.
- **Experience Big Adventures**
 - Photograph lightning.
 - Drive an exotic car on the Autobahn.
 - Stay in an over the water bungalow in Maldives, Bora Bora, or Tahiti.

For Me, a Full and Balanced Life Is...

My life is full of adventure and exciting experiences, freedom and flexibility, world travel, rewarding work, and meaningful healthy relationships with good friends, family, and a significant other that moves me towards financial freedom on a daily basis. I work to be able to enjoy life the way I create it. I enjoy life's journey as much as I anticipate the destination. I want to better the lives of my friends and family, as well as those in the communities I am a part of. People around me respect me. I live a full, balanced, healthy, and productive life.

- **Being Healthy – Body and Mind**
 - Eating healthy, clean, and plant-based
 - Exercising and having a fit, strong, and attractive body
 - Staying mentally healthy and relaxed with a clear mind
 - Eliminating, avoiding, and/or minimizing stress
 - Getting sufficient quality sleep
 - Abstaining from drugs and alcohol
- **Building Meaningful Relationships**
 - Having people in my life that I love and who love me. (Friends, family, and eventually a wife.)
 - Having personal relationships with people who add value to my life on various levels, and where I can add value to their life.
- **Always Growing and Learning**
 - By experiencing life firsthand
 - By reading, listening to audiobooks, podcasts, etc.
 - By learning from other people
 - By pushing myself out of my comfort zone
- **Helping and Inspiring People**
 - Leading by example as a way to inspire people in life, business, travel, etc.
 - Helping guide people in their careers with personal finance and business decisions.
 - Sharing what I have with people who have less—both knowledge and material things.
- **A Growing Net Worth**
 - A diversity of income streams that are energizing and freeing
 - Enough disposable income to buy the things I want
 - Develop multiple passive income streams
- **Traveling**
 - Having new, exciting, and unique adventures in different cultures.
- **Staying Active and Having Hobbies**
 - Traveling
 - BMX / Cycling
 - Snorkeling
 - CrossFit
 - Surfing
 - Hiking
 - Rock Climbing